

PURE ENERGY



STEP TO THE FUTURE @ IFS 2017

presented by Alistair McMeechan & Gina King

For this session Alistair & Gina are using a mix from their 'Step To The Future' album

1A: Progression 1

1 x Chasse (travelling laterally down the step)
6 x Marches
2 x Single Lateral Leg Extensions (Corner to Corner)
Repeat Left

1A: Progression 2

1 x Chasse (travelling laterally down the step)
1 x Box Step
4 x Marches
2 x Single Lateral Leg Extensions (Corner to Corner)
Repeat Left

1A: Progression 3

1 x Chasse (travelling laterally down the step)
1 x Box Step
1 x Double Spin
2 x Single Lateral Leg Extensions (Corner to Corner)
Repeat Left

1B: Progression 1

1 x Lateral
Rhythm Mambo Behind
2 x Marches
1 x Chasse
2 x Single Laterals (Corner to Corner)
Repeat Left

1B: Progression 2

1 x Lateral, Travel Forward Into:
Rhythm Mambo Forwards
2 x Marches
1 x Chasse Backwards Facing Front
4 x Marches
1 x Basic
Repeat Left

1B: Progression 3

1 x Lateral, Travel Forward Into:
Rhythm Mambo Forwards
2 x Marches
1 x Chasse Backwards Over Step
4 x Marches
1 x Basic
Repeat Left

1C: Progression 1

2 x Single Taps
2x Marches
8 x Marches On Step
Step Down

1C: Progression 2

2 x Rhythm Taps
Step Up On Top of Step & 11 x March
Step Down

1C: Progression 3

2 x Rhythm Taps
Jazz Round
2 x Marches
2 x Marches (Step Backwards On Top of Step)
6 point Mambo
Step Down

1C: Progression 4

2 x Rhythm Taps
Jazz Round
2 x Marches
2 x Marches (On Step, Facing Back)
6 point Mambo
Step Down

1C: Progression 5

2 x Rhythm Taps
Jazz Round
2 x Marches
Jump On Top / Spin / Jump Up & Twist
6 Point Mambo
Step Down

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2A: Progression 1

2 x Single Knees
2 x V-Steps

2A: Progression 2

2 x Chasse
2 x V-Steps

2A: Progression 3

1 x Chasse
Step Behind & Over Step
4 x Marches
2 x V-Steps

2A: Progression 4

1 x Chasse
Step Behind & Over Step
1 x Pivot Turn
2 x V-Steps

2B: Progression 1

2 x V-Steps
8 x Marches

2B: Progression 2

V-Steps with Tap Behind & Elvis
(Step up both feet, tap behind, step down, Elvis on step up)
8 x Marches

2B: Progression 3

Kick Ball Change V-Step, Tap Behind & Elvis
8 x Marches

2B: Progression 4

V-Steps with Tap Behind & Elvis
Pivot Over Step To Face Back
8 x Marches
Repeat To Bring Back To Front

2C: Progression 1

1 x Double Stomp
1 x Knee Lift
Repeat Left

2C: Progression 2

1 x Double Stomp
2 x Marches, 1 x Chasse (On Floor)
Repeat Left To Bring Back To Front

2C: Progression 3

V-Step, Tap Behind
Ball Change
1 x Chasse
Repeat Left To Bring Back To Front

2D: Progression 1

2 x Basics
1 x 3-Knee Repeater
Repeat Left

2D: Progression 2

Step Up Behind
Ball Change (On Top)
Twist On Both Feet
4 x Marches
1 x 3-Knee Repeater
Repeat Left

2D: Progression 3

Step Up Behind
Ball Change (On Top)
Twist On Both Feet
4 x Marches
1 x 3-Knee Repeater
Repeat Left To Bring Back To Front

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