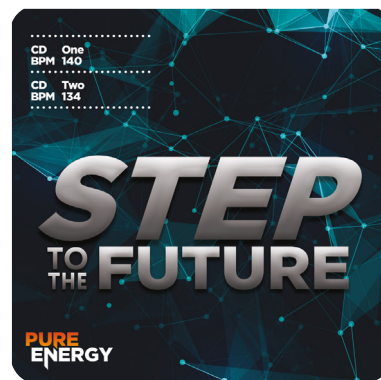


PURE ENERGY



SATURDAY STEP SIZZLER @ IFS 2017

presented by Alistair McMeechan & Gina King

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

Progression 1

1 x Basic (1-4)
1 x Chasse, 2 x Marches (Repeat)
4 x Marches

Progression 2

1 x Straddle (1-4)
1x Chasse On Step, 2 x Marches (Repeat)
4 x Marches

Progression 3

1 x Straddle
1x Chasse On Step
1 x Box Step To Face Back
1 x Chasse On Floor
Walk Over Step & March To Face Front

Progression 4

Progression 3, plus:
Pause On Step
Rhythm Over & Turn To Face Front

Progression 5

Progression 4, plus:
Mambo To Back
6 x Marches To Face Front
2 x Single Knee Lifts At Corners

Progression 6

1 x Straddle
1x Chasse On Step
1 x Box Step To Face Back
1 x Chasse On Floor
Pause
Rhythm Walk Over
Mambo To Back
Step Right Behind & Twist Feet To Face Front
6 x Marches
2 x Single Knee Lifts

Progression 7

Progression 6, plus:
Tango On Step
7 x Marches
1 x Single Knee Lift

Progression 8

1 x Straddle
1x Chasse On Step
1 x Box Step To Face Back
1 x Chasse On Floor
Pause
Rhythm Walk Over
Mambo To Back
Step Right Behind & Twist Feet To Face Front
Tango On Step
Step Down, 1 x Chasse
8 x Marches

Progression 9

Progression 8, plus:
4 x Marches
Squat, Grab Step, Turn Step Anti-Clockwise, Stand
Rest Step & Return To Starting Position

Progression 10

1 x Straddle
1x Chasse On Step
1 x Box Step To Face Back
1 x Chasse On Floor
Pause
Rhythm Walk Over
Mambo To Back
Step Right Behind & Twist Feet To Face Front
Tango On Step
Step Down, 1 x Chasse with Spin
4 x Marches
Squat, Grab Step, Turn Step Anti-Clockwise, Stand

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Progression 1

Side Mambo Off Narrow End
Box Step On Floor
2 x Marches
Chasse
4 x Marches
1 x Knee (at corner)
Knee Lift Corner to Corner to Hold

Progression 2

Side Mambo Off Narrow End
Box Step On Floor
2 x Marches
Chasse Over Step
4 x Marches
1 x Knee To Face Front
Knee Lift Corner to Corner to Hold

Progression 3

Side Mambo Off Narrow End
Box Step On Floor
2 x Marches
Chasse Over Step
4 x Marches
1 x Backwards Chasse
2 x Marches
2 x Single Taps
1 x Basic
2 x Single Knee Lifts

Progression 4

Side Mambo Off Narrow End
Box Step On Floor
2 x Marches
Chasse Over Step
4 x Marches
1 x Backwards Chasse
2 x Marches
2 x Single Rhythm Taps
1 x Basic/Straddle
2 x Single Taps
4 x Marches

Progression 5

Side Mambo Off Narrow End
Box Step On Floor
2 x Marches
Chasse Over Step
4 x Marches
1 x Backwards Chasse
2 x Marches
2 x Single Rhythm Taps
1 x Basic/Straddle
2 x Single Taps
1 x Pivot Turns & Step Over
Repeat Routine Facing Back

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