

PURE ENERGY

THE ULTIMATE STEP PARTY @ 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 Basic
1 x Chasse, 2 x Marches
2 x Basics
Repeat Left

1A: Progression 2

1 x Box Step
1 x Chasse, 2 x Marches
2 x Basics
Repeat Left

1A: Progression 3

1 x Box Step
1 x Chasse, 2 x Marches (360 turn on floor)
2 x Basics
Repeat Left

1A: Progression 4

1 x Box Step
1 x Chasse, 2 x Marches (360 turn on floor)
2 x Jazz Steps (360 round each corner)
Repeat Left

1B: Progression 1

3-Knee Repeater
1 x Mambo
1 x Chasse
4 x Marches
This Will Not Change Leg

1B: Progression 2

1 x Kick, Ball Change (Mambo Behind On Floor)
1 x Single Knee
1 x Mambo
1 x Chasse
1 x Mambo, Chasse, 4 x Marches

1B: Progression 3

1 x Kick, Ball-Straddle
1 x Box Step
1 x Chasse
1 x Mambo, Chasse, 4 x Marches

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2A: Progression 1

1 x Knee, 1 x Elvis
1 x Basic
4 x Claps
1 x Knee
Repeat Left

2A: Progression 2

1 x Knee, 1 x Elvis
1 x Basic Straddle
4 x Claps
1 x Elvis
1 x Pivot Turn
Repeat Left

2B: Progression 1

2 x Single Taps
1 x Mambo
1 x Basic
1 x Knee
Repeat Left

2B: Progression 2

2 x Rhythm Taps
1 x Pivot Turn
1 x Basic
1 x Knee
Repeat Left

2B: Progression 3

2 x Rhythm Taps
1 x Pivot Turn
1 x Jazz Box
1 x Knee
Repeat Left

3A: Progression 1

2 x Single Mambos Front & Back
1 x Chasse, 2 x Marches
2 x Single Taps On Step
Repeat Left

3A: Progression 2

Walk Forwards & Backwards Over Corner Of Step
1 x Chasse, 2 x Marches
2 x Single Taps (Alternate Legs)
Repeat Left

3A: Progression 3

Walk Forwards & Backwards Over Corner Of Step
2 x Marches To Walk To Other Side Of Step
1 x Chasse, 2 x Marches
2 x Single Taps On Step
Repeat To Bring Back To Front

3B: Progression 1

Step, Kick-Ball-Change
2 x Mambos
1 x Chasse
8 x Marches
Repeat Left

3B: Progression 2

Step, Kick-Ball-Change
2 x Mambos
1 x Chasse
6 Point Mambo
2 x Marches
Repeat Left

3B: Progression 3

Step, Kick-Ball-Change
2 x Marches, 1 x Mambo
1 x Chasse
6 Point Mambo
2 x Marches
Repeat Left

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