

PURE ENERGY

KEEPING FREESTYLE FABULOUS

presented by Ali & Gina

Keeping Freestyle Fabulous Tour



AEROMANIA: ALISTAIR

PART 2: (a) Step, kick, step-ball- change (count 1-4)
(b) 1 mambo forward (5,6)
(c) 1 chasse (7,8)

STEP TOUCH LEFT and REPEAT ON LEFT

PART 1: (a) x2 rhythm mambos (behind on count 2 and 4) (count 1,2 &; 3,4 &;)
(b) 1 side mambo (5,6)
(c) x2 marches (7,8)

SINGLE, SINGLE, DOUBLE HAMSTRING CHANGE AND REPEAT ON LEFT

(a) x2 rhythm mambos in a L-shape
(b) 1 forward mambo
(c) x2 marches back
S,S,D HAMSTRINGS

(a) x2 rhythm mambos in a L-shape
(b) 1 pivot to face back
(c) x2 marches towards the back (turning if desired)

ADD ON PART 2 turning to face the front on the chasse

STEP TOUCH ON LEFT and REPEAT

PART 3: preview single knee lifts (hold)
preview single taps (side to side) then speed up for crazy legs

(b) Step, x1 single knee, x3 crazy legs, x1 single knee (same knee), x2 marches
REPEAT LEFT SIDE

(b) change x2 marches to a chasse (S,S,D Hamstring to change legs)

(a) x4 marches
(c) step back, elvis, step, ham (S,S,D Hamstring to change legs)

ADD PART B between A and C

Change the x4 marches to x4 walks (adding a double spin if desired) and travel back on the chasse

ADD PART 1, 2 and 3 TOGETHER IN SEQUENCE

AEROMANIA: GINA

SEQUENCE 1: R-Leg lead: Freeze ball change moving FWD (or turn the move BKWDS and face the front), hands throw down, mambo CCC, leading to face the back. : Turn the two CCC's towards back of room turning to face the back, replace 4 x marches with L-leg lead: *step knee twist/toe turn to face the front.

BASE MOVE: 4 x Marches, mambo CCC R-Leg, CCC L-Leg, CCC R-Leg

LAYER 1: R-Leg lead Freeze ball change moving FWDS, hands throw down, mambo CCC, keep the 2 other CCC's facing FWD's but move BKWDS and 4 x marches

LAYER 2: R-Leg lead Freeze ball change moving FWDS, hands throw down, mambo CCC, leading to face the back. : Turn the two CCC's towards back of room turning to face the face the front and 4 x marches

SEQUENCE 2: L-Leg led: Shuffle to side, mambo behind hold and click fingers(counts 1-4), pivot turn to face front(counts 5-8) Or L-Leg led: Shuffle to side, mambo behind hold (counts 1-4), click fingers (count 5-6) turn to face front (counts 7-8)

BASE MOVE: Shuffle to side, mambo behind, 4 x marches

LAYER: Shuffle to side, mambo behind, and pivot turn, 4 x marches.

SEQUENCE 3: R-Leg lead: Heel, heel jack (counts 1-4). Stomp to side triple clap (count 5-6). Kick ball change L leg (counts 7-8).

BASE MOVE: Demonstrate moves

FULL SEQUENCE REPEATED WITH LEADING LEG LEFT

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STEP TO THE FUTURE 2017: ALI

PART 1: (a) x1 stomp (at the corner) (1-4)

(b) kick-ball- change (on the floor) (5&6)

(c) x2 marches (7-8)

(d) x1 basic, 1 knee (9-16)

REPEAT LEFT

(a) x1 stomp (behind and over the step to face back)

(b) kick-ball- change (on the floor facing the back)

(5&6)

(c) x2 marches/walks (towards the step) (7-8)

(d) x1 basic over the step, 1 knee (to face the front)

(9-16)

REPEAT LEFT

(a) **START** with the BASIC (changing to a jazz so the stomp goes to the back!!) (1-4)

(b) x1 stomp over, kick-ball- change, x2 marches

(adding a spin on the marches if desired) (5-12)

(c) x1 knee (facing front) (13-16)

REPEAT LEFT

PART 2: (a) x1 basic (becomes a reverse turn) (1-4)

(b) x1 side stomp and box step on top of step (5-8)

(c) x4 marches (on the floor), x1 single knee (9-16)

REPEAT LEFT

ADD ON TO PART 1 BUT CHANGE THE LAST KNEE (c) TO A CHASSE OVER THE STEP

Finish the phrase with x2 marches on the floor and x2 single knees

REPEAT LEFT

PART 3: **STAY ON TOP OF THE STEP FROM PART 2 and change the x2 marches to a HOPSCOTCH to take the front foot to the back or alternatively show x1 side tap and x1 back tap on the same leg for a lower option then add on:

(a) x4 marches

(b) x1 chasse and x2 marches

REPEAT LEFT

(a) x1 box step (on the floor, stepping over and towards the front on count 3)

(b) x1 chasse and x2 marches

(round the board to bring you back to the front - adding on spins if desired)

REPEAT LEFT

ADD PART 1, 2 & 3 TOGETHER IN SEQUENCE

STEP TO THE FUTURE 2017: GINA

SEQUENCE 1: R- Leg lead V-step on to step, Elvis dip R-knee, exit step with L-leg, to turn round to back of step

BASE MOVE: 2 x V-steps

LAYER: 1 x V step, Elvis dip R-knee, step off back of step with L-leg and march x2

SEQUENCE 2: (BoS) 1x basic (or turn into move) on step, R-foot down and hold for counts 3,4 use count 5 to turnover step count 6 L-foot steps down to floor Counts 7-8 kick ball change L-foot lands on step, R-foot steps down to floor.

BASE MOVE: 2 x basics

LAYER: 1x basic on step, take R-foot down and hold on floor for counts 3,4, step on count 5 R-foot then step down with L-foot on count 6 Counts 7-8 kick ball change R-foot

LAYER: 1x basic on step, take R-foot down and hold on floor for counts 3,4 use count 5 to turnover step (L-foot is still on step) count 6 L-foot steps down to floor Counts 7-8 kick ball change R-foot

SEQUENCE 3: (Side of step) Join this sequence onto the end of sequence 2

BASE MOVE: R-leg lead: March x 8 on floor

LAYER 1: March R & L (Count 1-2) Ball change on count 3-4 Emphasis count 5 and march 6,7,8, finish on L-Leg lead

LAYER 2: Straddle step count 1, count 2 on step. Ball change on step on count 3-4, emphasise count 5 on step to move and exit of back of step and march 6,7,8 round to front of step again finish. L-leg lead

SEQUENCE 4: Clap hands, tap step with toe on 1, clap count 2 tap to floor, step up on to step with count 3-4, tap R-foot in and out on top of step counts 5-6 turn in to exit to floor on counts 7-8.

BASE MOVE: R-leg lead: 2 stomps, 1 X knee lift

LAYER 1: Tap step with toe on count 1, on count 2 tap to floor, step up on to step with count 3-4, tap R-foot in and out on top of step counts 5-6 exit to floor on counts 7-8.

LAYER 2: Add claps on count 1-2

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