

Keep On Steppin'

Session #734

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Are you looking for new ideas for your next step class? Are you in a choreography rut and in need of a little inspiration? Rhythm changes, stomps, and spins are only a few of the choreography elements we use in Keep on Steppin'. This workshop is chock full of sensible learning curves that enable you to achieve unique, challenging, yet teachable cutting-edge choreography.

Tips for successful choreography breakdown... (They work for me!!)

- To fail to plan is to plan to fail.
- For ease of flow, establish a natural tapless foot strike
- Always look at your combo in pieces
- Establish a basic foot pattern (foundation)
- Choose your learning curve: Add on or linking??
- Construct or expand on your foundation by taking a movement or portion of a movement and change the look by layering in elements of variation such as STRIDE...Style, Travel, Rhythm, Intensity, Direction, Energy and Enthusiasm.
- Try to keep your layers within the same counts as your foundation moves.
- When layering, add rhythm before direction so that participants are able to view the change
- Use holding patterns while teaching layers to give participants time to respond and adapt to changes
- Change only 1 thing at a time
- Establish transition moves so you can alternate skills side to side
- Don't rush it
- Teach to the level in the room. If you don't get through all the layers just do it next week
- There is more than one way to teach the same combination. Experience and practice will teach you what works the best and when to use what.

It's not what you teach, but how you teach it. Create an experience by focusing on the journey not just the last 5 minutes!!

Choreography Notes

Combo #1

Movement	Lead Leg	Bench Orientation	Counts
Side Leg over, pull back	R	Facing front	1-6
Rhythm to top with knee	L	Facing Front	7-8
Quick exit, step behind	L	Left end of step	9-12
Kick ball change stomp	R	Right end of step	13-16
3 alt squats front to back	R	Facing left end of step	17-24
Stomp to push back and around (optional spin)	L	Moving around right end of step-	25-28
1 knee	R	Left end of step	29-32

Part 1

Base pattern: 2 basics, alternate knees

Layers

- 1) Change 2nd basic to end with rhythm on top
- 2) Change 1st basic to side leg over pull back
- 3) Change 1st knee to stomp down to exit
- 4) Change 1st knee to quick exit step behind, 2nd knee becomes 1 stomp
- 5) Add knee to rhythm on top

Part 2

Base Pattern: 7 knee repeater

Layers

- 1) Change to 4 squat, 3 repeater knee
- 2) Change to 4 squat, 4 march, 1 knee
- 3) Add direction to squats, push back and around on march
- 4) Add spin to march

Combo #2

Movement	Lead Leg	Bench Orientation	Counts
Up, up straddle down quick, 2 alt elvis	R	Facing left end of step	1-6
Heel, knee, heel knee exit	R	At left end of step	7-12
1 basic or reverse turn	L	Facing front	13-16
Slide over tango 2x	L	Alternate ends	17-32

Part 1

Base Pattern: 5 Repeater, 1 basic

Layers

- 1) Change 5 repeater to 2 stomp, 3 repeater
- 2) Change 2 stomp to straddle down quick, 3 repeater
- 3) Change 1st knee of repeater to 2 alt elvis, 2 repeater
- 4) Change 2 repeater to heel, knee, heel, knee
- 5) Change basic to reverse turn

Part 2

Base Pattern: Single, double stomp 2x

Layers

- 1) Put double stomp on the floor
- 2) Add direction to the slide over
- 3) Add tango to the double stomp on floor

Combo #3

Movement	Lead Leg	Bench Orientation	Counts
Hesitate	R	Off left end of step	1-4
Be dramatic	R	Off left end of step	5-8
Curl straddle	R	Facing right end of step	9-12
Shuffle straddle shuffle moving back	L	Facing right end of step	13-18
Rock back with bench leg	R	On left end of step facing right	19-21
Stomp and spin home	R	At home	22-26
Fast over 2x	L	Alternate ends	27-32

Base Pattern: 5 Repeater, alt knees, 3 basics

Layers

- 1) Change 3 basics to 4 alt stomps
- 2) Change 1st 2 alt stomps to 8 march on floor
- 3) Add cha cha on each alt knee
- 4) Change 5 repeater to 2 stomp, 3 repeater
- 5) Move stomps around end, 3 repeater ends in straddle
- 6) Add hesitate to 1st of 2 stomps
- 7) Add be dramatic (toe taps) to 2nd 2 stomps
- 8) Add curl into straddle
- 9) Add rock back stomp
- 10) Add spin to marches
- 11) Change alt stomps to fast over 2x