How time flies when you are having fun. Petra looks back at the history of step and explores what we may have lost along the way, what we have learnt through trial and error and how we can mold both history and present to create a teaching module that will move us into the future. This session will revisit the heritage of step research and see how we can apply it to today's choreography. The focus will be on connection, choreography and inspiring our students through creative and motivating combinations.

This class is designed to be Monday morning ready.

THE JOURNEY – PAST, PRESENT AND FUTURE

• The History and heritage
• The Evolution
• The Future

THE RESEARCH AND WHY IT MATTERS

• Olson, Michele and Williford, Henry, Step Aerobics Tempo Study, Sports Medicine, March 1996.
• Stanforth, D., Velasquez, Stanforth, P.R., University of Texas at Austin, 1991. The Effect of Bench Height and Rate of Stepping on the Energy Cost of Bench Stepping.
THE JOURNEY OF A STEP CLASS

• The story
• The foundation
• The experience
• The education
• The excitement
• The package

THE FOUNDATION
The first layer of building a creative step class is developing the foundation. The foundation needs to be simple, straightforward and wherever possible based on traditional Step Reebok terminology. The foundation builds confidence in the participant and helps develop a strong base from which to build more intricate moves.

Once the first layer has been established - practice, practice, and practice. Remember we are often the ones who are "ready" to move to the next step. When deciding if and when you should move to the next stage, use your eyes, ears and experience.

1: Look towards the back of the room
2: Ask the class how they are feeling
3: Tap into your internal guide

THE JOURNEY – BACK TO BASICS
Layering in the elements of direction and rhythm

Direction
Visual preview - use a visual preview when introducing a directional change
Add one directional change at a time.
Holding pattern - after the directional change bring the class to a holding pattern
Balance in the build

Rhythm
Visual preview - when adding a rhythm change use visual versus verbal preview for quicker learning
Add one rhythm change at a time
When moving off the down beat or phrase - practice, practice, and practice
1/2 A + B + 1/2 A - my favorite creative little helper

THE EXPERIENCE

Motivation
Remember this is not about your workout – if your students are standing around looking lost and confused it is not a successful class

Inspiration
Continually smile, give eye contact and encouragement to that “newbie” success = inspiration
A student who is inspired at the end of class will be back

Just my 2 cents
This is a step class – the majority of your class should involve being on the step 😊
Step Evolution Choreography

Block One
A - B  Stomp Side 1-2 R/L, shuffle on top 3+4 R/L/R, exit 5-6 L/R into 6 count box step L/R 7-4, reverse turn L/R 5-8
C - D  Shuffle over L/R/L 1+2, step up on to step R/L 3-4, alternating lunge R/L 5-6, 7-8, exit into box step R/L 1-4 and alternating knee R, or (cha cha cha) on step 5-8

Layers
1  2 knee repeater + 6 count mambo + basic
2  Stomp into 1 knee + 6 count mambo + basic
3  Stomp to end of platform and 1 knee + 6 count mambo + basic
4  Knee = shuffle on step into 6 count mambo
5  Replace basic with knee + alternating curl 2X + repeater
6  6 count mambo = push straddle 2X (face same direction)
7  Push straddle = 6 count box step – front and back

1  Step up and alternating lunge 3X, march on floor 4 and basic
2  Replace 4 marches with a box step
3  Replace Knee with Cha Cha Cha
4  Optional replacement on first lunge with a shuffle over the top
5  Then last option of replacing basic with reverse turn

Block Two
A  Step R “cross” L into walk turn R/L/R, step L “cross” R 1-8
B  “Stomp the bug” R 1-4, Side Switch L 5-8
C  Exit into creep R/L 1-4, across the top R/L 5-8
D  Knee to center R 1-4, Basic L 5-8

Layers
1  2 basics and 3-knee repeater
2  Stomp 1-2, march 3-5, stomp 6 and march 8
3  Stomp and cross back 2X
4  Turn marches 3-5 (turn AWAY from the step)

1  Single knee, double knee, march 4, basic, knee + basic 3X
2  “Stomp the bug”
3  2 knee repeater = up, leg out, leg cross
4  March + basic = “creep” + across the top with knee to front
5  Option of leap and hold of leg into cross
**Block Three**

A-B  Push R 1-3, shuffle L 4+5, shuffle on step R 6+7, exit L/R 8-1 into push L 2-4 (into straddle) shuffle back R 5+6 7-8

C-D  Stomp L/R 1-2, step up L/R into box, exit L/R into “Back Elvis” L 7-4, alternating knee R 5-8 (Basic)

**Layers**

1 3 basics + 1 knee
2 Alternating stomps 4X + 1 knee
3 Add shuffle 2X
4 Filler of 4 alternating curls
5 Last stomp into a straddle + knee = shuffle back + knees to front

1 March up 4 and exit into a 2 knee repeater + basic
2 Stomp and up 2 exit into 2 knee repeater + basic
3 Stomp side and box on top
4 2 knee = Elvis
5 Turn Elvis
Put combo together and replace basic with an alternating knee

**Block Four**

A-B  Stomp into, Step knee, step ball change (to side) step knee and exit into Up and 2 alternating lunges

C-D  Reverse stomp into back turn, and hop behind into Step tap front, tap back and flick and exit

**Layers**

1 4 knee repeater, 3 knee repeater, curl 3X + basic
2 Stomp into 3 knee repeater, 3 knee repeater, curl 3 times + basic
3 Stomp into step knee, step down and tap, step knee, curl 3 X + basic
4 Stomp into step knee, step ball change into step knee, curl 3X + basic
5 Repeater, into step tap tap knee and exit, curl 3X + basic
6 Repeater, into step tap front, back, knee and exit, curl 3X + basic
7 Repeater, into step tap front, back, flick and exit, curl 3X + basic

1 March up 6 exit, basic and knee
2 2 alternating lunges, basic and knee
3 2 alternating lunges into reverse stomp, march and knee
4 Add direction to the side
5 Optional back turn into hop behind

1 Put combination together – then “insert”

[www.petrakolber.com](http://www.petrakolber.com)
Music by Yes Fitness Music
Choreography on The Last Step DVD
www.yesfitnessmusic.com