

Choreography 101

October 20, 2005

MPETA

- Choreography is what make moving to music so much fun. Great choreography doesn't have to be complicated to motivate and excite!
- Choreography is about creating effective transitions that flow from move to move.
- Keep transition moves simple (marching, step touches, jumping jacks).
- Choreography is only successful if the participants can follow your lead...Cueing is an essential part of choreography.
- Cueing is effective when participants know in advance what's coming next. Cueing should combine clear and consistent messages...non-verbal cues are an excellent way to communicate!

Low/High Impact Routines

One

- March on the spot for 16 counts
- 8 Step touches

- On the spot, March for 3, tap 1, 4 times
- 4 Double step touches

- March forward for 3, tap 1, March backward for 3 tap 1, repeat
- 4 step touches, 2 double step touches

- 4 grapevines
- 8 alternating hamstring curls

- 2 grapevines, 4 alternating hamstring curls, repeat

- March forward for 3, tap 1, March backward for 3 tap 1, repeat
- 4 step touches, 2 double step touches
- 2 grapevines, 4 alternating hamstring curls, repeat

Two

- alternate 8 knees
- 8 step touches

- 4 left knees, 4 right knees
- 4 step touches
- 2 half-time step touches

- 4 left knees, 2 step touches
- 4 right knees, 2 half-time step touches

Three

- March 8
- Wide and narrow march 8

- March 4, wide and narrow 4, repeat

- March 4, v-step forward
- March 4, v-step backwards

- Mambo right 2, v-step 1, 2 jumping jacks
- Mambo left 2, v-step, 2 jumping jacks

Four

- lateral right lunge, lateral left lunge,
- backwards right lunge, backwards left lunge
- repeat 3 times
- lateral right lunge, lateral left, 2 jumping jacks

- 8 step touches, 8 skates

- 4 step touches, 4 skates, 4 step touches, 4 skates
- 4 slow alternating lateral squats

- 4 step touches, 4 skates, 2 alternating lateral squats

Step Routines

One

- Basic right 4
- Basic left 4

- basic right 3, 1 left knee
- basic left 3, 1 right knee

- basic right 2, 2 left knees
- basic left 2, 2 right knees

- Basic right 2, repeater left knee
- Basic left 2, repeater right knee

Two

- V-step right 4
- V-step left 4

- V-step right 4
- Turn step right 4
- Corner-to-corner Hamstring curl for 6, repeater left curl

- V-step left 4
- Turn step left 4
- Corner-to-corner Hamstring curl for 6, repeater right curl

Three

- right foot lead, 4 alternating knees, facing forward
- Turn left, straddle knees for 4
- Corner-to-corner kick for 6
- Repeater left rear foot touch

- Left foot lead, 4 alternating knees, facing forward
- Turn right, straddle knees for 4
- Corner-to-corner kick for 6
- Repeater right rear foot touch

Four

- A step right for 2
- Left L step
- A step left for 2
- Right L step

- Right shooter (rear lunge) for 3
- Right abduction (side leg lift) repeater
- Left shooter (rear lunge) for 3
- Left abduction (side leg lift) repeater

- A step right for 2
- Left L step
- Left shooter
- Left abduction repeater

- A step left for 2
- Right L step
- Right shooter
- Right abduction repeater

Base Moves

- All choreography is developed from what are called Base Moves.
 - LOW/HIGH IMPACT AEROBICS
 - March/jog (v step, mambo, box step)
 - Step touch (skate)
 - Grapevine
 - Knee lift
 - Leg (hamstring) curl
 - Lunge (back or side)
 - Kick
 - Heel dig (heels forward)
 - Jumping jack
 - STEP AEROBICS
 - Basic
 - V step
 - A step
 - L step
 - T step
 - Turn step
 - Straddle
 - Repeaters
 - Corner-to-corner
 - Over the top
 - Travel
 - Knee lift
 - Leg (hamstring) curl
 - Abductor (side leg lift)
 - Hip Extension (rear leg lift)

Fitness Music Companies

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