

Moving to Music

October 20, 2005

MPETA

Music

- Moving to the beat of the Music...that's what aerobics enthusiasts find the most appealing and energizing about "aerobics".
- At the same time, that's what beginners...until they get the hang of it...find the most confusing and frustrating part about doing "aerobics".
- Music is made up of different components. Understanding how these components function separately and together is part of what makes an instructor great.
- In simple terms, a beat represents one step.
- Rhythm is what gives music its personality and is determined by regular patterns of musical movements and sounds known as meters. Meters are organized into phrases. Fitness music on the market today is usually in 32 count phrases.
- Phrases are complete musical thoughts...like a sentence in speech.
- Understanding phrases is extremely important for developing choreography.
- When deciding what music to use for a class, consider the following:
 - o How fast is the music?
 - o How complex is the choreography?

- Are most of the steps high-impact with lots of jumps, hops and skips or is one foot always kept in contact with the floor for a low impact workout?
- Will you be doing “dancy” steps or more athletic moves?
- The intensity of an aerobic workout depends a lot on the tempo of the music.
- To determine Beats per Minute, count the beats in the music for 10 seconds then multiply by 6.
- Tempos between 110 to 140bpm are considered walking pace – from a stroll to a brisk walk.
- Tempos can increase to between 140 to 160bpm (jogging pace) during peak sections of higher intensity aerobic workouts.
- General guidelines for music speed for various classes are:
 - Warm-up and cool-down 120-145
 - High impact aerobics 145-160
 - Low impact aerobics 130-150
 - Flexibility and Relaxation 50-80
 - Muscle conditioning 60-130
 - Active older adult 116-145
 - Step 118-128

Room Design

- For most aerobic workouts, you can get away with a small space. For basic movement, you’ll need area to travel four steps in each direction from your starting point (forward-and-back, side-to-side, and on the diagonal).
- Carpet can be an option for aerobic workouts providing there is not a lot of complicated choreography with pivots, shuffles and spins or if the tempo is fast and you’re barely lifting your feet but changing

direction a lot. If shoes stick to the flooring while the rest of you keeps going, you're at risk for hip, knee or ankle injury.

Choreography

- Aerobic choreography is generally presented in two different styles
 - o **TIFT** – Take It From the Top. Or, also called “Add On”. This style has long combinations of steps that are built in sections. On step or short multi-step pattern is introduced and practiced. As each new step or pattern is added, it's practiced alone then added to the others and the entire sequence is “taken from the top”.
- The other style teaches the footwork in stand-alone **blocks**.
 - o A short series of steps are taught for each block, then the pattern is repeated many times. You then move onto an entirely new pattern, with no repetition of earlier blocks.
- The beginning of a phrase is the ideal time to begin or change body movements or direction. To help you plan your choreography when you are first beginning to teach, remember to put the first movement is always on the first beat (count).
- Start by planning your choreography in 8-count segments. Design four 8-count segments and put them together to make a perfect 32 count phrase.

Base Moves

- Choreography doesn't have to be complicated to be fun and effective. All choreography is developed from what are called Base Moves.
 - o **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)
- There are several ways to add variety to your choreography:
 - Direction – forward, backwards, side-to-side
 - Rhythm – You can move to the beat of the music or move ½ time or even double time.
 - Accent – drawing attention to odd beats by clapping or hopping
 - Intensity – add or subtract the number of body parts involved. Make movements larger or smaller. Impact vs non-impact.