

STEP ODYSSEY

EXPERIENCE THE JOURNEY

Odyssey (n). a long series of wanderings or adventures, especially when filled with notable experiences ...

Dictionary.com

After discussions with numerous freestyle Step instructors and coordinators, we recently concurred that freestyle Step is still very popular with members – at least in the facilities that still feature Step classes on their timetable. Many members would like to see more Step classes featured, but few instructors would disagree that the financial resources for freestyle Step are drying up. On many occasions this has resulted in Step classes being omitted from timetables, much to members' despair. Although this issue will not be resolved in the short term, rest assured that educational institutes and fitness facilities in Sydney are working to ensure that freestyle Step classes remain on the timetable way into the future – hopefully the same story will be true across the country.

So, let's focus on the elements which make our Step classes so popular with our participants, inspiring them to return week after week. That's right – it's the experience! The class experience is the most important factor in ensuring regular attendance by members. You can create the most physically challenging and technically competent class, but if you fail to make it a rewarding experience then you can't count on your participants becoming regular 'raving fans'. Creating a positive experience along the journey of layering a base move and then reaching and performing the end product is a very rewarding exercise. Step Odyssey is a snapshot of a typical class that bears all of these aspects in mind. Enjoy!

Please note that both blocks below are ready-leg-change.

BLOCK 1

- 1-5 Off the side kick ball change (**photo 1**)
- 6-16 Stomp down (**photo 2**) + reverse turn + single knee (**photo 3**) + walk back and around
- 17-24 Across the bridge (**photo 4**)
- 25-32 Stomp over (**photo 5**) + mambo + stomp back

Learning Curves

Count 1-16

Base Moves: 2 basics + 3 knee repeater

Layer 8 marches on top + 2 knee repeater

Layer off the side (count 1-2) over the 8 marches on top

Layer stomp down off the front of the Step on count 6 of the 8 marches on top

Layer kick ball change (count 3-5) over 8 marches on top

Layer (single knee + 4 marches) over 2 knee repeater (add holding pattern – 4 basics)

Layer reverse turn (count 7-10) over 8 marches on top and single knee walk around direction over the 4 marches

Count 17-32

Base Moves: 4 basics

Count 17-32 are derived from holding pattern (4 basics)

Layer 6 marches on top over the first two basics

Layer across the bridge over 6 marches

Layer 2 single stomps and 2 marches over the last 2 basics

Layer stomp over and back over the 2 single stomps

Insert the 2 marches in between the 2 single stomp over

Layer the 2 marches to a mambo (or half pivot off the front of the step for more experienced students)

BLOCK 2

- 1-8 Box Rhythm (**photos 6 & 7**) + tango off the side (**photo 8**)
- 9-16 Freeze frame rhythm (**photos 9 & 10**) + rock back
- 17-24 Corner march (**photo 11**) + spin return
- 25-32 Switch (**photo 12**) + march and sashay around

Learning Curves

Teach count 9-16 firstly, then proceed to count 1-8

Count 9-16

Base Moves: 3 knee repeater + 2 basics

Layer single knee + 6 marches over 3 knee repeater

Layer side leg lift 'Freeze' over single knee

Layer the rhythm (phonetic count: *and 3, 4 and 5*) over the marches

Count 1-8

Base Moves: 2 basics + 3 knee repeater

Layer 2 marches on Step and 6 marches off Step over 2 basics

Layer box pattern over 2 marches on Step

Layer (2 pauses + 2 marches) over 6 marches. Add holding pattern of 4 basic Steps

Layer rhythm change (phonetic count: *and 5*) over 2nd pause & tango off the side over 6 marches

Layer 'Freeze frame' (count 9-16 above) over 3 knee repeater

Count 17-32

Count 17-32 is derived from the holding pattern for count 1-16

Base Moves: 4 basics

Layer 2 x 3 knee repeater over basics

Layer (1 x 3 knee repeater + 1 x 3 curl repeater) over 2 x 3 knee repeaters

Layer single stomp, kick (count 1-4)

and 4 marches over 3 knee repeater

Layer diagonal travelling pattern

(Optional spin on the return march)

Layer single curl and 6 marches over 3 curl repeater

Layer side leg switch over single curl

Layer walk around travelling pattern ■



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as a group exercise coordinator, instructor and personal trainer. His passion for freestyle group exercise makes him one of the most sought-after instructors in Sydney's leading fitness facilities.



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