BEGINNING STEP AEROBICS CHOREOGRAPHY

Beginning step aerobics choreography is most often performed in cycles of four counts. At the most basic level, the feet move up on to the bench for the first two counts, and step down to the floor on the last two counts. The instructor will “cue” the students, letting them know which choreography pattern is planned next; often, these cues are shortened versions of the actual pattern name. Students may notice different names for the same steps as they attend different classes taught by different instructors, although most of the terminology should be similar.

**Basic Step Right (approach from the front, facing the step)**
- R foot steps up
- L foot steps up
- R foot steps down
- L foot steps down
- CYCLE: four counts
- CUE IN CLASS: “Basic right”

**Basic Step Left (approach from the front, facing the step)**
- L steps up
- R steps up
- L steps down
- R steps down
- CYCLE: four counts
- CUE: “Basic left”

**Basic Step Right with a Tap Down (approach from the front)**
- R steps up
- L steps up
- R steps down
- L taps on the floor (do not put weight on left foot)
- CYCLE: four counts
- Cue: “Basic right tap”

Note: a “tap down” cue indicates that the student will touch the foot to the floor without putting weight on that foot. The foot that taps down will be the next one to move.

**Basic Step Left with a Tap Down (approach from the front)**
- L steps up
- R steps up
- L steps down
- R taps on the floor (do not put weight on right foot)
- CYCLE: four counts
- CUE: “Basic left tap”
Alternating Knee Lift (approach from front)
  R steps up
  L knee lifted up
  L steps down
  R steps down
  L steps up
  R knee lifted up
  R steps down
  L steps down
CYCLE: eight counts
CUE: “Alternating knee” or “knee up”

V-Step Right (approach from front)
  R steps up and out on the bench
  L steps up and out on the bench
  R steps down and center
  L steps down and center
CYCLE: four counts
CUE: “V-step right”

V-Step Left (approach from front)
  L steps up and out on the bench
  R steps up and out on the bench
  L steps down and center
  R steps down and center
CYCLE: four counts
CUE: “V-step left”

Right Turn Step (approach from side: right foot closest to bench)
  R foot up, turning right to face front
  L foot up, continue turning to right
  R foot down (by the time R foot is down, person is facing opposite direction)
  L foot tap down
CYCLE: four counts
CUE: “Turn step right”

Left Turn Step (approach from side: left foot closest to bench)
  L foot up, turning to left to face front
  R foot up, continue turning to left
  L foot down (by the time L foot is down, person is facing opposite direction)
  R foot tap down
CYCLE: four counts
CUE: “Turn step left”
Across the Top (approach from either side; this example is from R side)
- R steps up
- L steps up
- R foot down on R end of bench
- L foot taps down next to R foot
- CYCLE: four counts
- CUE: “Over the top,” “Across the top”
- NOTE: The foot closest to the bench will start the Across the Top movement; therefore, no “right” or “left” direction is cued

Variations
Traveling Steps  Any alternating step that turns and moves across the length of the platform.

Repeaters  Any step where a non-weight bearing phase can be repeated, such as repeater knee lifts, repeater kicks, repeater lunges

Propulsion Steps  Both feet off the ground, changing position while airborne.

From the End  An 8- or 16-count pattern that uses all three sides of the bench beginning from the end of the bench. Steps from the end can use more than one directional approach and more than one step pattern.