

Basic Step Moves

Basic Left (Reverse for Basic Right)

- Start Position

- Centered in front of the bench.

- Description

- Step up on the bench with the left foot
- Step up on the bench with the right foot
- Step down left foot, then down right foot.

- Count Breakdown:

Step up on bench with left foot 1.

Step up on bench with right foot 2.

Step down backwards to the floor with left foot 3.

Step down backwards to the floor with right foot 4.

- Notes:

- Basic left is one of the simplest and most basic of all step moves

V-Step

- Start Position

- Centered in front of the bench.

- Description

- Like a basic but step wide on the bench.

- Count Breakdown:

Step up on bench with leading foot as wide as possible 1.

Step up on bench with the other foot as wide as possible 2.

Step down backwards to the floor with lead foot 3.

Step down backwards to the floor with left foot 4.

- Notes:
 - Feet together on the floor, and spread apart while on the bench

A-Step

- Start Position
 - In front of the bench, but off to one side.
- Description
 - This is a modified basic step in the shape of a letter A

- Count Breakdown:

Step up with leading foot at the center of the bench 1.

Step up with the other foot next to the lead foot 2.

Step down backwards to the floor with lead foot 3.

Step down backwards to the floor with left foot 4.

- Notes:
 - Start and end with feet together on opposite ends of the bench.

Turn Step

- Start Position
 - In front of the bench, but off to one side.
- Description
 - Start on side of bench and do a modified basic while turning.

- Count Breakdown:

Step up on the bench with the left foot 1.

Step up on the bench with the right foot while turning to the left 2.

Step off the bench with left foot; turn to the left slightly 3.

Bring the right foot down on the floor next to your left 4.

Step up on the bench with the right foot 5.

Step up on the bench with the left foot while turning to the right 6.

Step off the bench with the right foot, turn to the right slightly 7.

Bring the left foot down on the floor next to the right 8.

- Notes:

Z-Step

- Start Position

- Centered in front of the bench.

- Description

- Step across the bench, off diagonally, and across the floor to form the letter Z.

- Count Breakdown:

Step onto left side of bench with left foot 1.

Step up with right foot next to the left (feet are together on the left side of the bench) 2.

Step to the right side of the bench with right foot 3.

Step to the right side of bench with left foot (feet are together on the right side of the bench) 4.

Step back diagonally to the ground with left foot (left foot is now in front of the bench on the far left side) 5.

Step back diagonally to the ground with the right foot (feet are together on the left and on the floor) 6.

Step on the floor to the right with right foot 7.

Step on the floor to the right with left foot (feet are together on the left and on the floor) 8.

- Notes:

- When left foot leads, counts 3-8 for the letter Z

X-Step

- Start Position
 - Straddling the bench.
- Description
 - Start from a straddle position at one end of the bench.

- Count Breakdown:

Step up to center of bench with right foot 1.

Step up to center of bench with left foot 2.

Step down and forward with right foot to the floor on the right side of the bench 3.

Step down and forward with left foot to the floor on the left side of the bench 4.

Step up and backward to the center of the bench with right foot 5.

Step up and backward to the center of the bench with left foot 6.

Step down and backward with right foot to the floor on the right side of the bench 7.

Step down and backward with left foot to the floor on the left side of the bench 8.

- Notes:

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