

Getting Up and Down for Lunges

Most step patterns go UP first on the downbeat and then DOWN on the DOWN beat: Up on 1, Down on 3. Lunges are one of the primary patterns that start from the top and touch DOWN on the DOWN beat, and the lead changes on the UP beat on top of the step.

Using an EVEN NUMBER to get on top will allow you to lunge on the proper downbeat (ODD).

With a "Basic Lunge" (aka - split basic), you walk up on even counts, and each lunge is ODD at 2 counts each, then walk down on the downbeat.

Here's how it breaks down:

up on 1 & 2 (even)
lunge 2Xs - 3, 4, 5, 6 (2 odds are even)
walk down 7 & 8 (even)

Although you have a lead changing (odd) element in the pattern, you are doing it twice which makes it even - back to the same lead. 3 evens will be EVEN, SO THE PATTERN REPEATS ON THE SAME LEAD.

The 6 Count Transition for Lunges

Easy transitions for lunges are 6 count patterns that seem intricate but they can be used to take you up on 7 & 8.

With a 2 knee repeater as an example, you can repeat this pattern several times in the breakdown. The EVEN numbered repeats will feel off beat - because they are - AND THEY WILL WORK ACROSS THE STANDARD 8 COUNT MEASURE, which makes them feel even more off once you get the hang of the music.

If you use the breakdown and repeat, you will go UP after an odd count, ON the even count repeater.

Keeping on the 32 count, you might breakdown as follows:

2 KNEE REPEATER - R 6CTS
2 KNEE REPEATER - L 6CTS = 12 (should feel off)
2 KNEE REPEATER - R 6CTS = 18 (up on cts 3, 4 of 3rd measure)
WALK UP UP & LUNGE 5Xs = 32

Traveling on the exit would repeat the 32 count block on the same lead, making it EVEN.

Further breakdown:

2 knee repeater, up, up, lunge 3 exit travel = EVEN

Add to it, one odd pattern and another even pattern and the combo will self reverse:

L- step (odd)
travel curl 2X's (2 odds, which are even)

or

1 kick (odd)
1 basic (even)
2 V-steps (even)

Transitions to Top of Step for Lunges

CTs	ODDs	EVENs	
2		Basic UP	2 basics = 1 basic lunge. Lunges can vary in direction: straight behind, one back, one across or advanced is a "backfire".
2		One stomp	Stomp up down, walk up on 3, 4
6	2 knee repeater		Travels to other end, up on 7, 8
6		Samba	2 'half mambos' that change lead R/L, up on 7,8
6		March around 6	
6		6 count turn	Up on 7, 8 instead of a press back
		V Hold	up, hold, up, hold, down, down, up, up
		Funky V	up, up, hold 2 counts with shoulder shifts, down, down, up, up

To transition down from lunges:

To get back on the proper down beat after lunges, count down to exit with odd numbers and rather than tapping on the exit, travel and change lead.

When lunges face the end of the platform or the side of the room, if the lunge starts on the mirror side, this will work like a charm: cue 3, 2, exit travel.

To the contrary, if the lunges started on the other side of the platform, the exit would take you to the approach which faces the back of the room. To transition, use a single, single, double lunge which will change the lead on the lunges to allow for an exit back to the front approach.

What is front, what is back? Next - the sides and approaches in step.

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