

## Step Terminology

As the originator and creative director of the Step Reebok program, Gin has been contacted many times over the years for clarification on what is the "right" or "correct" terminology for all step patterns.

Several years ago, attempts were made to further define patterns that had evolved beyond the basic movements. At one point, we tried to come up with definitions based on the original alphabetical convention of naming patterns.

But by that time, it had become apparent that terminology was more a matter of what made sense to those who were actively teaching step. In that this terminology was already so ingrained and yet varied (even regionally), it would be impossible to gain anything close to a consensus on what anything evolved beyond the basics would be called.

Upon closer examination of the evolutionary patterns, we also realized that most "new" patterns were simply variations and or combinations of the original basic movements.

### Revolving Door or 'O Step', Mambo or Mamba?

A good example is a "Revolving Door", which Gin wanted to name as an "O" step. The elements are: over the top, travel, over the top, travel.

You will also find further discrepancies over proper pronunciations: Gin, like Petra Kolber, pronounces a step that rocks forward and back as a "mamba" and I call it a "mambo".

Therefore, the best advice is 'when in Rome' - check to see what most of your participants are used to hearing in terms of terminology.

For those that insist on being right, best we can offer is what we are used to using, starting with the basics - from the most common to the most controversial!

### Step Terminology –

Pattern	Movements	Counts
Basic	Up, up, down, down	4
V- Step	Up, Up wide, down, down, narrow	4
Turn Step	From side approach: up, up wide, turning to opposite end, down, down tap	4
U-Turn	a tight or tiny turn, stays on same end	4
Over the Top	a tight or tiny turn, stays on same end	4
Across the Top	The long distance - the full length of the step from end to end	4
A - Step	Up, Up center of step, down, down tap wide on the floor - can be used as a 'cheat' for Across the Top	4
Tap Up, Tap Down	Up tap, down tap - used most in a side approach or at the end of the step	4
<b>Lift steps</b>		
Knee up	most common lift – try to vary your levers throughout the class to work less used muscle groups.	4
Kick	Full leg extension – cue focus on lift with control to extend	4
Curl, ham curl	use to balance movements for the back of the leg	4
Glute lift, rear	use to balance movements for rear hip extension	4

Pattern	Movements	Counts
Side leg, abduct	outer hip or thigh	4
Instep, adduct	inner thigh - least used lift	4
<b>Hop Turns</b>	Hops on Lift steps to transition to other approaches: up and hop, lift as you rotate - generally in the same direction of the lead – to execute properly, fully unload bodyweight during rotation	4
Full hop turn	Complete turn to the other side	4
Quarter hop turn	Partial turn off the end	4
Reverse hop turn	In the opposite direction of the lead foot	4
<b>Repeaters</b>	any levers	
2 repeater	Transition for lunges – walk up on 7,8	6
2 repeater march	add march 4 for a full 8 count. option - 1 jack instead of march	8
3 repeater	any levers or combination of levers	8
5 repeater	to teach on 8 count, add a basic in between. with levers: knee, side, curl, side, knee, exit	12
L-step	up knee, down off the end, tap, up, knee, down back to the front and travel - can vary levers on lifts. Gin calls this "L-knee"	8
Basic L - original	Up, Up with a basic step, off the end, and tap - most use the above with a lift for the L step. To cue this one, use "basic L"	8
<b>Lunges</b>	starts from top, lunge on downbeat	
Rear lunges	lunges performed facing front, touching down to back	2
Diagonal	Lunges performed facing side, touching down astride	2
<b>Straddles</b>		
Straddle Downs	starts from top, straddle down on downbeat : down, down, up, up	4
Straddle Ups	starts down from astride, straddle up on downbeat: up, up, down, down	4
Alternating Lift Straddles	any levers: up, lift, down straddle, down, up, lift down straddle, down	8

**Transitions – for changes in movement patterns of directional approaches**

Pattern	Movements	Counts
Tap Down	a tap down to change lead: in tap free step, a lift is used instead	
Tap Up, Tap Down	Used as a 'filler' 4 count on turnsteps or across the top during breakdowns - used to even lead or transition to next move from a side approach	4
Travel	Takes movement to the opposite end, other lead: most odd patterns will naturally travel – lift steps, L's, repeaters. To go tap free, cue travel on exits.	
Exits	Transitions from on top lunges or from astride in straddle movements. To go tap free, cue travel on exits.	
Knee off the end or half an L	Transition from the front approach to the end of the step. Gin cues this fully: L knee off the end. Some use half an L.	4
Knee home or half an L back to the front	transition back to the front of the step, or "home" – see step orientation	4
Diagonal - originally Corner to Corner	over the top from one end, crossing diagonally to the other end - original Step Reebok terminology called this "Corner to Corner" - see holding patterns below	4
transitions for lunges	an even count move that leaves you on top to lunge down on the downbeat. 2 knee repeaters or other 6 count patterns are used most for this transition - see transitions for lunges	2 or 6

**Common Holding Patterns** - patterns used to keep class moving during previews, or holds to get back to the top of the phrase

Pattern	Movements	Counts
Travel Lifts or Corner to Corner	any levers, or taps behind on step and claps - aka "corner to corner". This is a term that evolved away from the original since movements do travel from one corner to the other in the front approach.	4
Basics	can be used, but travel steps allow for balance with alternating leads and increased intensity during holds	
Tap Up, Tap Downs	Mostly used at the end of the platform facing front to preview next movement.	
Travel L's	L steps with any levers that travel from both ends – a little more challenging to use as a holding pattern, so it is not often used.	4
Marches	Low intensity – use only if recovery is required	4

**Combination Patterns** - patterns that combine basic moves, names will vary and there's tons more out there, so consider this a sampling!

Pattern	Movements	Counts
Around the World	Alternating lift straddles that travel from one end to the other: knee straddle, knee travel, knee straddle, knee travel	8
T- Step	from the end approach, up basic, straddle down, up off the end	8
Revolving Door	Over the top, travel, over the top, travel – this is a full circle: to teach start with travel lifts and alternate with revolves constant repeats will make people dizzy!	8
Basic Lunge or Split Basic	Up, up, lunge, lunge, down, down	8
K Step	A tap up tap down from side approach, starts at one end: up center, tap on top, down to other end, return – if you are a no-tapper, skip this one!	8
I Step	up up, one jack on top, down, down, jack on the floor	8
Y Step	up up wide in a V, walk in in on top, down, down	6
Indecision	up, up, straddle down down up, up, exit other side and tap	8
Rocking Horse	same as a repeater 3, lever changes to a knee and a curl to "rock"	8
Flamingo	up, knee, straddle down, down, up, up exit tap	8
Horseshoe	turn straddle turn tap - works to the other side of the step, can repeat back to the front	
X step	V on top, V back on the floor facing the back of the room - rotate in the direction of the lead, turns a full circle: like the revolving door, this pattern can make people dizzy on repeats so alternate with 2 regular V's to teach	
Z step	A Step touch Up on Top and back Down on the floor: up, tap, step out wide tap, walk down wide tap, step out wide, tap	
Weave or crossback	used to take taps out on over the tops - trailing leg lands first. similar to a hop turn in that you need to unload with a hop, but you do not turn: direction will remain the same as an over the top with a tap. Petra Kolber calls it a "crossback"	

**Dance Patterns** - patterns derived from dance movements

Pattern	Movements	Counts
Mambo	Place foot, up, other foot down, lead foot back on the floor, other foot down = 2 basics	4
Mambo Pivot	Pivot in opposite direction of lead foot, full circle – alternate regular mambos with pivots to teach	8
Mambo Cha-Cha	add, cha-cha-cha on floor to change lead	4
Mambo Chasse	"chasse" - to chase: cha-cha-cha travels the mambo to other end or back on the floor	4
Side Mambo	Out on the floor, leg swings back and behind other leg.	4
Samba*	Place one foot up, then down, switch to other foot up = 6 counts, (aka 6 count mambo*)  add up, up to transition to the top of the step for lunges	6  + 2 = 8
Chasse around	a quick variation for a march or turning step touch around the platform - turns away from the lead foot	8
Jazz Square	Step, cross over, step wide and together	4
Charleston	Up, kick, down lunge back on the floor	4
Pas du Bourree	From floor, tap across open tap other end (1, 2), swing same leg back and behind (3 & 4) on the floor to change lead and turn to the other corner.	4

\*Although this is often referred to as a 6 count or "half" mambo, the mambo movement is generally a 4 count movement of the same leg front and back. When done with just front with a press on top and a close to switch, then other leg on top, there is no backward movement of the same leg. Therefore, this six count pattern more closely resembles the movement in dance known as the samba.

**Floor Patterns** - used in warm-ups and as elements in mixed step & floor combinations

Pattern	Movements	Counts
Step Touch	Step out wide, touch, step wide, touch	4
Double Step Touch	step out wide, step together, step out wide, and touch - these can also turn in the direction of the lead foot	4
Grapevine	step wide, cross leg behind, step wide, touch	4
Hamstring Curl	step curl, step curl - variation can curl over the step (astride) and back or in a full circle around (8 cts).	4
Double Curl	repeat curl 2 times - often used in floor patterns to change leads	4
Walk Forward and Back	Walk forward 3 and tap or lift, walk back 3 and tap or lift	8
Figure 8	On the above, add turns on lifts - movement makes a figure 8	8
Chasses	Like a cha-cha-cha, but it travels distance: back leg 'chases' and replaces front leg.	1 & 2
March	In place on the floor, alternating feet	

### V-Step Variations

Pattern	Movements	Counts
V Jack	Power leap in a V on top, jump both feet together on top, walk down, down	4
V-rock	Up, Up wide in a V, rock 4 cts on top, down, down - EVEN same lead. This can also turn on the rock into a straddle down.	8
Sailor V	Up, ham curl, out, curl, out, curl, down, down - 3 curls up, walk down - ODD alternates lead	8
Reverse V	step out wide on top and rotates to exit opposite side of the step	4
V Hold	up, hold, up, hold, down, down, up, up - a transition for lunges	4
Funky V	up, up, hold 2 counts with shoulder shifts, down, down, up, up – a lunge transition	6+2

### Turn Step Variations

Pattern	Movements	Counts
Turn Straddle Exit	Turn, straddle down, step up wide and exit home	4
Shuffle Turn	shuffle - one foot on top on, other on the floor (1 & 2) and turn (3, 4), aka chasse turn	4
Curb walk	From a side approach, 1 set = 2 turn steps: stomp one foot up, one on floor, moving to the end, one foot down on floor, move backwards to put one foot up, other down on floor, then lead foot back on the floor	8
Reverse turn	turn step with a blind approach, faces away from the step – use sparingly with caution and alternative base move due to blind approach	4
6 count turn	up, up, down, up, up, down:  press back on the floor or use to transition for lunges with walk up on top  *use sparingly and with caution due to possible stress on the Achilles tendon in repeats.	6  +2 = 8
Turn Straddle, Turn Straddle	Instead of tapping on turns, straddle the platform - full circle Keep repeats to a minimum – can cause torque of the knee and the full circle movement can make people dizzy.	

### L- Variations

Pattern	Movements	Counts
L Power Pendulum	Up, lift, power squat off the end, up pendulum 2 on top, down, down	8
L- Mambo	Place foot on, off back on the floor back on and travel - it's a traveling mambo off the end	8
L- Jazz Square	up, lift, down off end, cross leg over, walk to the other end	8

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