

Yoav Avidar – International Fitness Presenter

QuadriSteps

Session No. 161

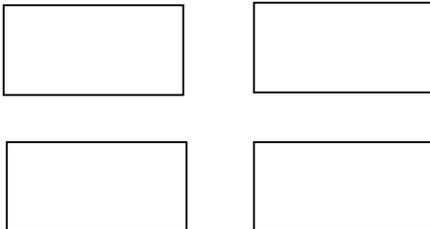
Presented By: Yoav Avidar, MPE

Why 4 steps?

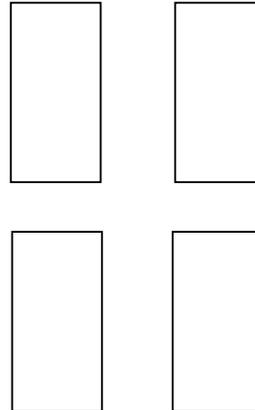
1. Special event.
 2. Breaks the routine.
 3. Creates interaction between participants.
 4. Brings new challenge to your advance steppers (can be suitable for beginners as well).
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The quarto-step options:

1.



2.



- In all of the options above only one extra step is required at the end of each **row and column**.
- **Safety** – pay attention to the distance between the platforms! We don't want the participants to stumble over the step next by.
Use at least two wide footsteps between the platforms at the same row and three wide footsteps between the platforms at the same column.

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Things to think about when planning:

1. The transitions are a complicating factor – go one level down from your regular choreography plan.
2. In a quarto-step session you might need your combos to be more than 32 counts block in order to "visit" in all 4 platforms.
3. Plan a set order of transitions; this will make it easier to remember where to go... (1 to 2 to 3 to 4).

Teaching technique in our session:

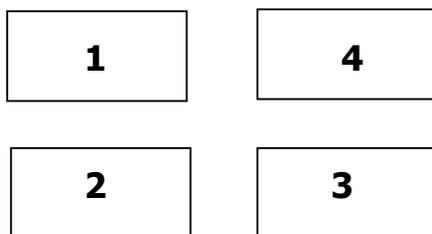
1. Create a symmetrical pattern using one platform only.
2. Layer the 1st transition from step # 1 to # 4 like in a double step class.
3. Add on base moves and layer.
4. Layer the transition to the row behind – usually it will be between #1 to #2 so the previous transition will become between # 2 to # 3.

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QuadriSteps - Choreography Notes



Combination 1:

Step #	Choreography & counts	Base move
1	V-step (r) 180 turn 1-4	2 x basic + 3 x knee + march... Add on marches...
2	V-step (r) to mambo back, up knee (r) 5-8 9-10	
2	Walk down back and around (r), shuffle (l) 13-14 15-18	
3	Shuffle (r) to box step around the corner (r) 19-23	
3	Stomp over the top (r) 24-25	
4	Stomp over the top (r) 26-28	
4	Over the top (l) 29-32	

Everything with the opposite leading leg!

Choreography progression (The "journey"):

1. Layer the basics to V-steps.
2. Layer the 3 x knee to a double knee + 2 x single knee.
3. Layer the second V-step into a V-mambo behind into the double knee.
4. Layer the double knee to a knee stomp.
5. Layer the 2 x knee to shuffle straddle shuffle back.
6. Layer a transition on the shuffles from platform # 1 to # 4 and create the box around.
7. Layer the marches to double stomp + basic
8. Layer a transition on the V-step from platform # 1 to # 2, the shuffles transition from # 2 to # 3 and the stomps transitions from # 3 to # 4.
9. Layer the last transition of the second stomp over # 4 and layer the basic into an over the top.

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Combination 2:

Step #	Choreography & counts	Base move
1	Straddle 2 x hip shake (r,l) arms up(r,l), pivot (r)	8 x march + Repeater x 3 Add on: 16 marches
	1-2 3-5	
2	up knee (r) to side mambo off (l)	
	6-7 8	
2	Box step on top (l), box step around (l)	
	9-12 13-16	
2	Up up (l,r), twist back, down (l) chassee (r)	
	1-2 3 4 5-6	
3	L-mambo (l) walk cross forward, side mambo (r)	
	7-10 11-12	
4	Tap (l) on freeze (arms up & hold)	
	13-14	
4	Tap (l) back freeze (arms down)	
	15-16	

Everything with the opposite leading leg!

Choreography progression (The "journey"):

1. Layer the marchers to double stomp + march
2. Change the order to – double stomp + repeater + march.
3. Layer the double stomp to 4 straddle marches.
4. Layer the repeater to one knee + double stomp.
5. Layer the double stomp to side mambo and box on top.
6. Layer the march to mambo front / back.
7. Add on 16 marches.
8. March 4 on spot and layer the transition from # 1 to # 4.
9. Layer a rhythm change on the transition – twist down chassee.
10. Layer the march to wide mambo on # 4.
11. Layer the transition on the first pivot taking you from # 1 to # 2 and the previous transition we layered takes us from # 2 to # 3 and the L-shape wide mambo transition forward from # 3 to # 4.
12. Layer the marches to a side mambo and mambo front / back (on/off) on # 4.
13. Layer the mambo front / back to tap on freeze tap off freeze.

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Combination 3:

Step #	Choreography & counts	Base move
1	Straddle mambo behind (r), spin around 180 1-4	Repeater x 3 + march Add on: 16 marches
1	Chassee (r) to mambo (l), 180 5-6 7-9	
2	Stomp travel (r),kick ball change (l) pirouette (l) 10-12 13-14 15-16	
	Walk x 1 (r), up (l) front (r) back and change 17 18-19 20	
3	2 x mambo (l,r) 21-26	
3	Down step side tap (l) on the floor 27-28	
4	Step side tap (r) on the step 29-32	

Everything with the opposite leading leg!

Split!

Choreography progression (The "journey"):

1. Layer the repeater to a double stomp + cha cha.
2. Layer the stomps to 4 straddle marches.
3. Layer the straddle to a step over mambo behind + spin, the cha cha is on the floor.
4. Layer the marches to mambo on the floor and a stomp travel.
5. Layer a transition of marches from # 1 to # 4.
6. Layer a kick ball change in the transition.
7. Layer a double stomp after the KBC to a diagonal over to 2 x mambo off and exit back.
8. Layer a rhythm change on the transition – step knee + one march after the KBC and the diagonal over becomes up up change.
9. Layer a transition using the cha cha from # 1 to # 2 and the second transition takes us from # 2 to # 3. After the mambos on # 3, exit forward.
10. Layer the last marches to 2 x step tap (floor / step).

Good Luck!

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Yoav Avidar – International Fitness Presenter

Mind Body Stability Ball Challenge!

Session No. 303
Presented By: Yoav Avidar, MPE

Warm up

The warm up is build up as a repetitive sequence that evolves linearly. The warm up includes dynamic and atatic movements for increasing the body temperature and combines joint mobility and light stretches preparing to the main part of the workout.

Standing sequence

1. Stand straight, R leg steps on the ball – balance and perform knee extension / flexion, add spinal rotation.
 2. Place the shin on the ball (second position plie' variation) – perform hip adduction, at the end of the set stay low, disconnect the heel and add a spinal rotation.
 3. Take the leg off the ball and extend it back, both arms on the ball – draw 1/2 a circle with the leg from hip extension to abduction.
 4. Go into a deep lunge – the arm on the same side as the back leg stays on the ball – perform a set of 8 reps' of one arm pushups.
 5. Place the forearm on the ball and go into a plank.
 6. Transfer the ball under the inner thigh same side.
 7. Perform a spine rotation.
 8. Bend the knee in the extended leg and place it of the mat. Disconnect the knee keeping 90 and a neutral spine (optional full disconnection of the leg off the floor.
 9. Transfer the ball arms and shift the weight back for a modified pyramid stretch.
- **Repeat the sequence to the other side**

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Sitting sequence

1. Sitting on the ball – practice PPT / APT and then stay in PPT. open one arm at a time to oblique crunch.
2. Role into a bridge position – perform a set of hip extensions and then stay for a balance / strength challenge disconnecting one foot at a time off the floor.
3. Lower into positive incline sitting – perform hip and knee flexion holding one leg off the floor supporting with the opposite arm on the floor. Combine hip & shoulder adduction.
4. Roll back lying on the back – perform a set of eccentric crunches.
5. Roll up to sitting position – slide into back support on the arms, perform a set of Triceps deeps.
6. Sit in a "Yoga warrior II" modification – perform a spine side flexion and at the end of the set hold balance by disconnecting the back leg (perform both sides).

Mat sequence

1. Sit on your knees both forearms on the ball – practice shoulder extension and then shift weight forward into a plank modification + lever length Layer.
2. Straight arms on the ball (modified "all 4") – disconnect one leg and balance.
3. Face forward, ball on your side and the forearm on the ball – perform hip abduction, add upper arm horizontal adduction (power and speed).
- Repeat the last exercise on the other side
4. Lay on your back both legs on the ball – perform hip extension then do the same feet on the ball and adding hams' curls.
5. Hold the ball between the legs – perform knee extensions and then go into the "side to side" exercise.
6. Both legs on the ball – perform a "Roll up" in to "Teaser" variation and continue into a back support.
- Relaxation and a slow transition to standing position.

Enjoy ☺

This session is available on DVD!
Please go on www.yoavavidar.com
And look for "Mind Body Stability Ball Challenge"

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Dancing with the "Step"

Session No. 191

Presented By: Yoav Avidar

Starting from the dance / the "insertion" technique:

We will take a few examples of dance based choreography and break it down to "lay man's" terms. We will breakdown each funky twist, kick or shake and see what base moves best fit in order build your choreography layer by layer.

The break - down:

How many counts does it take to perform your end result?

Does it keep or Layer the leading leg when the next eight counts come along?

What "base move" or "easy to cue move" does the same thing?

Then plan your layers not more than one or two Layers at a time.

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Combination 3:

Block	Choreography	Base move
A+	Straddle 2 x hip shake (r,l), pivot (r) 180 face back	Repeater x 3 + march
	Mambo (r), twist (r) back on the step, side wide mambo (l)	
B+	Ball change switch (l) to wide mambo (r) to attitude (l)	
C+	Mambo (r) off, box step around (r), stomp (r) over the top	
D	Mambo (l) on the floor, 180, stomp (r) over and pivot	

Everything with the opposite leading leg!

Split!

Choreography progression (The "journey"):

1. Layer the repeater to double stomp + knee.
2. Layer the stomps to 4 straddle marches.
3. Layer the march after the repeater to mambo on the step.
4. Layer the knee to mambo on the floor to back twist.
5. Layer the counts 3-4 of the straddle to pivot 180, the mambo faces the back, the twist is on the step and the mambo goes side wise (wide mambo).
6. Add on 8 marches + 2 x knee.
7. Layer the marches into wide stomps/ mambo on the other side.
8. Travel forward with the second stomp and exit with an over the top.
9. Layer a rhythm change on the stomp travel – ball change / attitude.
10. Layer the over the top to box off the corner.
11. Layer the march to 3 x mambo + march.
12. Layer the second mambo to the floor.
13. Layer a travel on the stomps – stomp over, mambo floor, stomp over.
14. Layer the last marches into a pivot turn.

The Choreography from this session is available on DVD!

**Please go on www.yoavavidar.com and look for
"Born To Step"**

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Pure Dance Aerobics

Session No. 361

Presented By: Yoav Avidar

1. Dance aerobics and balanced choreography?!

- **Lead lag changes...**

- **How we create symmetrical patterns?**

2. Layers??? The what, the why and the how...

Why breaking down the choreography?

Many interpretations to "breakdown" (dance world, fitness world...)

Why layering and not just showing the thing or teaching 1/2 time?

3. The base moves and optional layers:

<i>Layer / Base move</i>	<i>Repetitions</i>	<i>Foot pattern</i>	<i>Intensity</i>	<i>Rhythm</i>	<i>Direction</i>	<i>Transition</i>	<i>Style</i>
<i>March</i>							
<i>Step touch / Hans' curl</i>							
<i>Grape Vine</i>							

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- **The rule - One Layer at a time.**

The exception...

- **The red light... "the journey is more complicated than the finale product"**

4. Starting from the dance:

Firstly, we will take a few examples of dance based choreography and break it down to "lay man's" terms. We will breakdown each funky twist, kick or shake and see what base moves best fit in order build your choreography layer by layer.

The break - down:

How many counts does it take to perform your end result?

Does it keep or Layer the leading leg when the next eight counts come along?

What "base move" or "easy to cue move" does the same thing?

Then plan your layers not more than one or two Layers at a time.

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Block	Choreography	Base move
A+	Straddle hip shake (r,l), pivot (r), mambo (r) face back	Repeater x 4 hams' + march...
	1-2 3-4 5-6	
B+	Twist (r) back, side mambo (l), walk cross	
	7-8 9-10 11	
C+	2 x mambo behind(r,l), chassee(l) back,mambo chassee(r)	
	12-18 19-20 21-24	
D	Step tap (l)arm up+hold, walk x2 (r,l)	
	25-26 27-28	
	Step tap (l)arm up+hold, walk x2 (r,l)	
	29-30 31-32	

Everything with the opposite leading leg!

Choreography progression (The "journey"):

1. Layer the repeater curl a profile position.
2. Layer the 4 curls to 3 straddle marches + 1 x hams; curl.
3. Layer the march after the curl to a lead leg change to mambo.
4. Layer the curl to mambo + twist back.
5. Layer the count 3-4 marches to pivot, the mambo faces back and the twist takes us to front, last mambo goes to the side.
6. Add on 16 marches.
7. Layer the marches to a front walk cross into 2 x mambo behind.
8. Travel back with the marches and travel front.
9. Layer a rhythm change on the marches into chassee back and a mambo chassee front.
10. Layer the marches into a 2 x step tap + 2 march.

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Combination 3:

Block	Choreography	Base move
A+	2 x double slide (r,l) L-shape, walk (r) to mambo (l)	4 x grape vine + 8 x march + 2 x double hams'
	1-8 1-4	
B+	Profile step forward (r) & "drop", roll up slow, mambo (l)	
	5-6 7-8 1-2	
C+	Tap back (l) wave freeze, ball change travel back	
	3-4 5	
D	Mambo back x (r,l)	
	6-10	
	180 spin, V step (l)	
	11-12 13-16	

Everything with the opposite leading leg!
Split!

Choreography progression (The "journey"):

1. Cut the pattern of the 4 grape vines... to 1/2 and get 2 x grape vine + 4 x marches + double hams'.
2. Layer the g.v to double slide each side.
3. Add on 16 marches.
4. Layer the double hams' to a front double knee.
5. Layer the 4 marches before the double knee in a walk to mambo.
6. Layer the double knee to a step front freeze + mambo front (using the back leg).
7. Layer the freeze to a "drop" and a slow roll up.
8. Travel back with 4 x marches to a mambo back.
9. Layer a rhythm change on the march back to tap wave freeze + ball change travel back.
10. Layer the marches 2 x mambo behind and 180 spin.
11. Layer the last 4 marches into a V step.

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