

Yoav Avidar – International Fitness Presenter

# Quadristeps

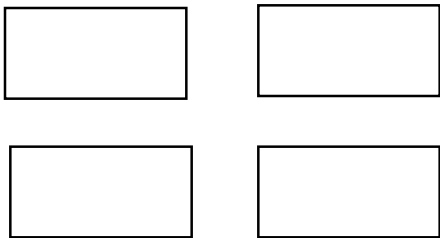
Presented By: Yoav Avidar, MPE

## Why 4 steps?

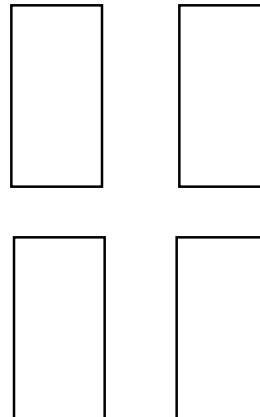
1. Special event
  2. Breaks the routine.
  3. Creates interaction between participants.
  4. Brings new challenge to your advance steppers (can be suitable for beginners as well).
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## The quarto-step options:

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).

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## Teaching technique in our session:

1. Create a symmetrical pattern using one platform only.
2. Layer the 1<sup>st</sup> 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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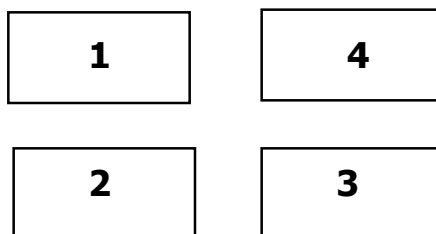
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# Quadrimesteps - choreography notes



## 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), 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 double knee to a knee stomp.
4. Layer the 2 x knee to shuffle straddle shuffle back.
5. Layer a transition on the shuffles from platform # 1 to # 4 and create the box around.
6. Layer the marches to double stomp + basic
7. 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.
8. 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	Turn step (l), down walk behind and spin (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.
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), 2 x kick ball change 10-12 13-16	
3	up (l,r) to a double twist (back/front) 1-2 3-4	
3	2 x mambo (l,r) 5-10	
3	Down step side tap (l) on the floor 11-12	
4	Step side tap (r) on the step 13-16	

**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 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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# Glide to the Fit Ball Future

**Presented By: Yoav Avidar, MPE**

Sequence direction



**Sequence # 1**

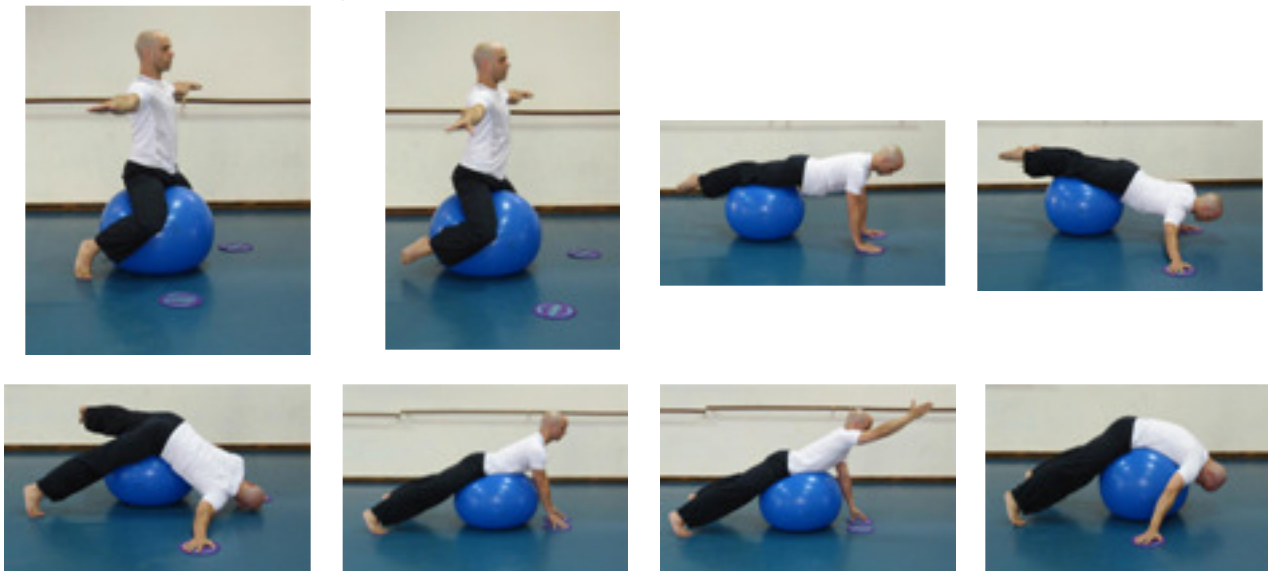


Repeat everything on the other side

Sequence direction



**Sequence # 2**



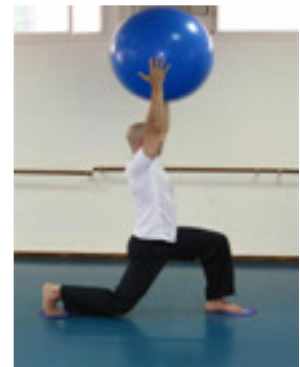
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## Sequence # 3

Sequence direction



Repeat everything on the other side

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## Sequence # 4

Sequence direction



Repeat everything on the other side

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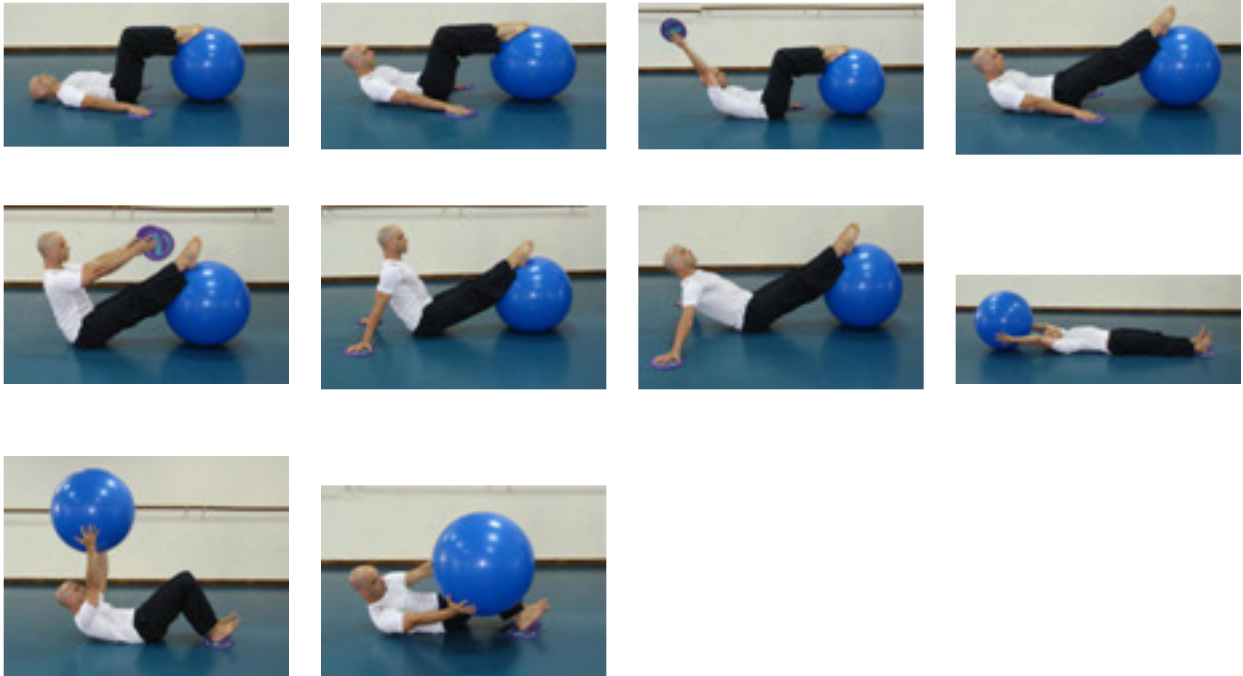
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## Sequence # 5

Sequence direction



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# **Stretch & Roll on the big Ball**

**Presented By: Yoav Avidar, MPE**

## **Warm up**

1. Sitting on the ball – breathings with shoulder circles.
2. Spine flexion & extension.
3. Spine twist.
4. Pelvic movements.
5. Spine side flexion with ball tilting.
6. Knee extension + hamstrings stretch.

## **1<sup>st</sup> sequence – starts sitting on the ball**

1. Inhale and circle the arms back, support on the ball and open the chest, exhale and circle the arm forward into a roll down.
2. Stay in the spine flexion position and extend the knees into a hamstring stretch.
3. Bend the left knee, lengthen the spine, put the right arm on the lateral side of the left thigh and go into a spine rotation.
4. Sit up, bend the right knee and open it to the side, extend the left leg to the other side into a modified warrior position on the ball. Lean your right forearm on the right thigh and perform upper back flexion and extension.
5. Slide the right arm to the floor and perform a modified "triangle" stretch.
6. Come up to a sitting position; turn 90 to the right ball between the legs.
7. Shift the weight to the front leg and perform a dynamic hip flexors stretch in your back leg. Keep the knee bent and hold the leg using your arm (same side).
8. Stand on both legs while back leg in a "turn out" position, go into a flat back stretch and then release vertebra after vertebra.
9. Roll up and go back to a sitting position facing the front.

Perform the sequence to the left side starting stage 3

10. Shift the weight to 1/2 a squat and then stand a place the left shin on the ball behind you.

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## **2<sup>nd</sup> sequence – starts Standing**

1. Perform 4-6 dynamic lunges and then stay in a deep lunge for a hip flexors stretch.
2. Drop your hand to the floor and lengthen your spine and then perform knee extension in the front leg (dynamic and static stretches).
3. Stand up and roll the ball to the left placing the left leg on it.
4. Take the right arms behind your head into a triceps stretch and then deep into a spine side flexion.
5. Take the left leg off the ball and cross it on the right leg both arms on the ball and "sit" for a gluts stretch.
6. Straddle, knee are bent and go into a modified down dog stretch. Combine spine and knee flexion and extension.
7. Place the right leg on the ball to your right side and go to stretch # 4 then stretches # 1+2 and then stretch # 5.
8. Straddle, knee are bent and go into spine rotations combined with deltoid stretch both sides.

## **3<sup>rd</sup> sequence – starts on the mat**

1. Sit on your knees and place both arms on the ball. Perform scapula movements.
2. Sit back into a rest position and let your chest open.
3. Elevate your hips and go forward deeper into a shoulder stretch.
4. Move the ball to the right and cross the left leg front into a pigeon stretch combined with spine rotation left and right pectorals stretch.
5. Bend the back leg to 90/90 sitting, right arms on the ball and go to a side flexion.
6. Go to "all 4" position and place right leg straight on the ball and straddle slowly.
7. Take the leg off the ball, roll and lie on your side (on the ball), relax... circle the left arm and then bring the upper leg front over the lower leg.
8. Go into a spine rotation towards the back wall.
9. Turn and lie on you stomach, roll front / back and relax.

Go back to your knees and start from stage 4 moving the ball to the left side

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## **4<sup>th</sup> sequence – starts lying on the mat**

1. Lie on your back both legs are on the ball, rotate gently from side to side.
2. Move your legs in circles.
3. Extend the right knee and hold a hamstring stretch, add "climb a tree" variation.
4. Do the same on the left leg.
5. Place the ball in your arms and perform a "roll up" into a sitting position.
6. Straddle, ball between the legs, hug the ball and tilt from side to side and front / back.
7. Move the ball to your right and place both feet on the floor. Support on the floor / ball and roll up vertebra by vertebra.
8. Last couple of breaths and... we're done 😊

**Good Luck!**

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