

Yoav Avidar – International Fitness Presenter

Step 24

Block 1:

| Block | Choreography & counts | Base move |
|-----------|--|---|
| A+ | Freeze (r) quick over mambo to chacha off step (l) | March (3 stomps + 1 stomp) + knee + march... |
| | 1-2 3-4 5-7 | |
| B+ | Mambo (l) (fl) turn in to pirouette (r), 2 x hip shake (l,r) | |
| | 8 1-2 3-6 7-8 | |
| C | Step freeze (l) ball change (l) travel box step around, kick b.c (l) | |
| | 1-4 5-6 7-8 | |

Everything with the opposite leading leg!

Choreography progression (The "journey"):

1. 2/2 stomps + double knee.
2. Change to 3/1 stomps + double knee.
3. Layer the 3 stomps to a walk over and back.
4. Layer the single stomp to a mambo on the floor.
5. Change the double knee to a knee + marches.
6. Layer the marches to hip shakes.
7. Layer the knee to a pirouette over the top and walk around.
8. Layer a rhythm change on the walk around box.
9. Layer the last 2 marches into a kick ball change.

Block 2:

| Block | Choreography & counts | Base move |
|-------------------------|---|---|
| A | Profile – up (r) step back (l) freeze (wave), ball change travel back | 12 x march + knee Add on march... |
| | 1-3 4 | |
| | Mambo (r) back, spin (l) | |
| 5-6 7-8 | | |
| B+C | Step side kick (r) forward over to "flamenco" knee (l), mambo (l) | |
| | 1-2 3-4 5-7 | |
| | Reverse shuffle (l) to mambo behind, turn step (l) and walk around | |
| 9-10 11 12-16 | | |

Everything with the opposite leading leg!

Choreography progression (The "journey"):

1. Layer the marches to 2 x stomp + 4 marches + 4 marches on top down to knee.
2. Travel back with the stomps to a mambo back and add a spin.
3. Layer a rhythm change on the first 2 stomps.
4. Layer the 4 marches on top to a side kick and a knee lift.
5. Change the last knee into a double knee and add marches and 2 x knee as a holding pattern.
6. Layer the double knee to stomp cha cha.
7. Change the order in a way the stomp cha cha is connected to the knee on top.
8. Take the stomp before the cha cha into mambo on the floor and a reverse shuffle.
9. Travel forward with the side kick and change the knee into "flamenco" style.
10. The mambo shuffle is on the opposite side and you travel with a turn step around.

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Block 3:

| Block | Choreography & counts | Base move |
|-------|---|---------------------|
| A+ | Step on (r) to tap over, walk over to double "Elvis" on the floor | Double knee + march |
| | 1-3 4-5 6-10 | |
| B+ | Diagonal knee (r) over the top to mambo (r) | Double knee + march |
| | 11-12 13-15 | |
| C | 2 x box step (r) around the step, mambo (r) | Knee + march |
| | 16-21 22-24 | |

Everything with the opposite leading leg!

Choreography progression (The "journey"):

1. Layer the first double knee into a knee stomp.
2. Change the knee into step over tap.
3. Layer the second double knee to a double hams' curl on the floor.
4. Layer the double Hams' into a double "Elvis".
5. Cut the symmetrical sequence in 1/2 and add on marches.
6. Stay for 2 stomps after the last knee.
7. Layer the second stomp into a box step.
8. Travel diagonal over the top with the last knee and do 2 x box steps around.
9. Layer the last marches into a mambo on the step.

Block 4:

| Block | Choreography & counts | Base move |
|-------|--|-------------------------|
| A+ | Knee (r) to box step (l) , knee (l) to box step (r) | 2 x Double knee + march |
| | 1-6 7-12 | |
| B+ | L mambo off the edge (r), step on (r) freeze, cross (l) front freeze | 12 x march + knee |
| | 13-16 17-18 19-20 | |
| C | Side mambo (r) off and exit | |
| | 21-24 | |

Choreography progression (The "journey"):

1. Layer both double knees into a knee stomp.
2. Layer the stomps into box steps.
3. Layer the marches into double stomp and march 4 on top.
4. Layer the stomps into mambo off the edge.
5. Layer the side mambo exit after the 4 on top.
6. Layer the rhythm change on top.

**Split and delete al the single knees!
Good Luck!**

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Born to Step

Combination 1:

| Block | Choreography | Base move |
|-----------|---|--------------------|
| A+ | Front knee (r) over the top, down (l) to side mambo (r) | Knee + march... |
| | 1-2 3 4 | |
| B+ | Box step (l) 90, 2 x hip shake (r,l), walk (r) to mambo (l) | |
| | 5-7 8-9 10 11-12 | |
| C+ | Spin (l) around the step, double tap (r) front on / back off | |
| | 13-15 16-17 | |
| D | Stomp (r) over the top, spin back to step tap (r) freeze | |
| | 18-20 21-24 | |
| D | Spin (l) and face the front, step mambo behind (r) | |
| | 25-27 28-31* | |

Everything with the opposite leading leg!

Choreography progression (The "journey"):

1. Layer the march to a side mambo on count 4 after the knee.
2. Add on 8 marches to a 16 counts pattern.
3. Travel with the knee over the top (face forward), layer a box step after the side mambo and walk around.
4. Layer the march after the box to a straddle march / hip shake facing the narrow side of the step.
5. Add on 16 marches.
6. Layer the march after 2 hip shakes into a walk to mambo, spin around, stomp stay and stomp over the top.
7. Layer the first stomp to a double tap on front / off back.
8. Layer the march after the stomp over to 90 spin and a step tap back freeze and a spin back to the front.
9. Layer the last 5 counts of marches to a step mambo behind (Spanish arms over the head) on the step.

* When we put combo 1 & 2 together, counts No. 32 of combo 1 will become counts No. 1 of combo 2 and the blocks will be cross phrased...

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Combination 2:

| Block | Choreography | Base move |
|-----------|--|------------------------|
| A+ | Knee swing & kick (r), stomp travel (l), mambo (r) on floor | Double knee + march |
| | 32-3 4-6 7-8 | |
| B+ | Tap back (r) wave freeze, ball change back to wave freeze | |
| | 9-10 11 12 | |
| C+ | Ball change back to tap & flick (r), box step (r) around | |
| | 13 14 15-18 | |
| D | Shuffle (r) to box around, back pirouette (r), walk x 1 | |
| | 19-23 24-25 26 | |
| | Mambo (r) on the floor mambo (l) on the step | |
| | 27-29 30-32* | |

Everything with the opposite leading leg!

Choreography progression (The "journey"):

1. Layer the double knee to a double hams' on the floor.
2. Layer the double hams' to a knee swing & kick.
3. Add 8 marches to create a 16 counts pattern.
4. Layer the march after the kick to a stomp travel side and a mambo on the floor.
5. Add on 16 marches.
6. Layer the marches to tap back wave freeze, ball change, wave freeze ball change, tap back and flick.
7. Layer the marches after the flick to 4 stomps.
8. Travel the stomps to box step around, stomp stay, box step around.
9. Layer the march to double stomp on top / floor.
10. Layer a rhythm change on the travel around – front shuffle to box around, knee on top, mambo on the floor.
11. Layer the knee to a pirouette 180 back on the floor.

* When we put combo 1 & 2 together, counts No. 32 of combo 1 will become counts No. 1 of combo 2 and the blocks will be cross phrased...

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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+ | | |
| C+ | Ball change switch (l) to wide mambo (r) to attitude (l) | |
| | 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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Cardio-dance-ology

Combination 1:

| Block | Choreography | Base move |
|--------------|--|---|
| A+ | Step touch (r) to side tap (l) freeze – arm up & side | 2/2/2 hams' + march Add on: 16 x march |
| | 1-2 3-4 | |
| B+ | Attitude (l) to mambo (r), chassee (r), mambo (l) | |
| | 5-6 7-8 9-12 | |
| C+ | Twist (l) back, up knee (r) down (r) to 2 x hip shake (l,r) | |
| | 13-14 15-16 17-18 | |
| D | Flick box (l), 90 (r), 6 points mambo (l,r) | |
| | 19-22 23-28 | |
| | cross (l) front and slow 360 twist (r) | |
| | 29-32 | |

Everything with the opposite leading leg!

Combination 2:

| Block | Choreography | Base move |
|---|---|-------------------------------------|
| A+B | Stomp side (r) jump feet together, grape vine tap (r) | Repeater x 3 hams' + march... |
| | 1-2 3-5 | |
| | Box (l) step mambo behind (l), fly back 180 (r) | |
| | 6 7-9 10-12 | |
| | Step (l) feet together jump attitude (r) walk (l) cross front | |
| 13 14-15 16 | | |
| C+D | Straddle (l) freeze (arms), feet together jump freeze(arms) | |
| | 1-2 3-4 | |
| | Chassee (r) to mambo (l), 180 spin | |
| | 5-8 9 | |
| | Sagittal split jump (r), cross behind & drop down | |
| | 10-12 | |
| Roll up with shoulder moves | | |
| | 13-16 | |

Everything with the opposite leading leg!

Combination 3:

| Block | Choreography | Base move |
|--------------|--|----------------------------|
| A+ | Up knee (r) jump down coupe arabesque 180, Walk (l) to mambo (r) | Double hams' + march... |
| | 1 2 3-4 5 6-8 | |
| | Profile Pas des bure (l) pirouette (r) 180 (r) | |
| B+ | 1-3 4 | |
| | Walk to mambo (r), 180, mambo (l), 4 x toe switch (l,r) hold head | |
| C+ | 5 6 7-8 9-10 11-14 | |
| | Mambo back, 2 x step tap (l,r) V arms, L shape | |
| D | 15-16 1-8 | |

Everything with the opposite leading leg!

Split

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