# **MIXED IMPACT**

## GALLOP & STEP COMBO

#### Starstruckk > 4:40 mins

		MUSIC	11.	J.H.	SEQUENCE/EXERCISE	CTS	REPS	
0:00	Intro		4x8		Run OTS. RA	32		1
0:12	Instr	(Beat)	8x8		RUN F&B COMBO Jog F. Double Arm Punch F x4 Jog OTS. Bent Arm Side Raise x4 Jog B. Double Arm Punch F x4 Jog OTS. Bent Arm Side Raise x4	8 8 8	2x	
0:37	V1	Nice	4x8	А	Step Curl L, R. Cross Pull Arms	4	8x	
0:50	PC	Cause I	4x8	В	Gallop L, R. Double Arm Reach F	8	4x	
1:02	С	Know	8x8	С	GALLOP & STEP CURL COMBO Gallop L. Double Arm Reach F Step Curl R, L. Double Arm Reach F Repeat R	4 4 8	4x	2
1:28	Instr	(Synth)	8x8	D	RUN F&B COMBO	32	2x	
1:53	V2	Nice	24x8		REPEAT SEQUENCES A to D			
3:09	QC	Know	4x8	Α	Step Curl L, R. Cross Pull Arms	4	8x	1
3:21	Rep	Pronounce	4x8	С	GALLOP & STEP CURL COMBO  Gallop & Step Curl Back Combo	16 16		
3:34	С	Know	8x8	C1	GALLOP & STEP CURL BACK COMBO Gallop L. Double Arm Reach F Step Curl B, face R front corner. Double Arm Reach F Step Curl F. Double Arm Reach F Gallop R. Double Arm Reach F Step Curl B, face L front corner. Double Arm Reach F Step Curl F. Double Arm Reach F	4 2 2 4 2 2	4x	2
		Dropoupoo	8x8	C2	GALLOP & STEP CURL BACK COMBO WITH			
3:59	Rep	Pronounce	OXO		DOUBLE ARM REACH UP	16	4x	

### **AEROBICS TRAINING**

TECHNIQUE + COACHING CUES ♥



Track Focus I want my class to maintain great posture throughout the track and be clear of the arm-lines I instruct.

Maintain and coach Attack Position for all moves	0
ARM COMBO (SLOW & FAST)  Cross Fists  Reach Up high with Blade Hands  Cross, reach, cross, hips, cross, open, cross, down	000
SIDE FLICK  Arms shoulder height, shoulders back and down  Hips square to the front  Back straight  Control the Flick to protect the knee	0000
RUN & RICK COMBO  • Leg straight to waist height on the Kicks  • Straight arms, shoulders back and down  • Back straight  • Ground the heel of supporting leg  • Feet up behind in the Run	00000
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#### GEARS COACHING

. Knee and Kick to waist height

· Straight back

Kick to waist heightStraight back

RICKS

GEAR 1: Arm Combo and first set of Side Flicks

GEAR 2: Side Flicks with Arm Raise as beat quickens... anticipation

GEAR 3: Explode into 3rd gear in Arm Combo Forward & Back

#### COACHING

Maintain energy in Knees and Kicks with a happy, high feeling. Don't peak too soon... wait for Track 9!

Use simple cues to instruct movement and direction.

The Jog and Arm Pattern is in Gear 1. Coach great posture and control arm movements to use the muscles!

#### CONNECTION

Build intensity with the music and create excitement in the Run Forward.

#### **Motivational Cues:**

- · Reach higher every round
- Sail across the ocean...
  One team
- · Colors burning bright



- Gallop 2-Step & Curl
- Run/Jog Walk or March
- Side Flick Side Tap