



Choreography Notes

LEVEL ONE CHOREOGRAPHY

- **Alternating Knees**
- **Around the Block** – Toe-toe knee up, around the corner (Izett)
- **Back Space** – Begins at the end of the board. Toe-toe, heel-heel, hop back 4x, two jacks (Izett)
- **Back Yard Boogie** (Steve)
- **Boomerang** (Izett)
- **Break It** (Izett)
- **Cross Over** - Left foot lead: left foot on the board, right foot on the board in front of the left foot, left foot on the board then right foot on the board, toe-toe on the board knee up(Izett)
- **Crosswalk** (Izett)
- **Corner to Corner** – Diagonal cross the board
- **Double Dutch** (Izett)
- **Flip the Switch** – Switch 2x (half time) 360 (Izett)
- **Four Back Knees** (Izett)
- **Freak It** - 1st 8 count = stutter step (right foot on the board, left foot on the floor, right foot on the board, then left foot on the board (both feet are on the board, facing front) shift weight to right foot, then left foot, 2nd 8 count = place left foot on the floor, lean back two times, then pivot over with the right foot. (Lisa)
- **Freeway** - Over the Top, Turn, Over the Top
- **Give Me a Beat** (8 Beats) - (Izett)
- **Hop Jack** (Izett)
- **Hop Jack and a Twist** (Izett)
- **Hopscotch** (Lynette)
- **Hop-Switch** (Izett)
- **Hop'n Slash (Izett)** – Hop on the board 2 times, luge-luge, knee up, tap down• J step.
- **J Step** (Over the top and travel to the opposite corner)
- **Jump Start** – Toe-toe (half time)
- **Kick and Bounce** - Toe-toe, Jump up on the board with two feet, hands follow through in a basketball jump shot motion. (Izett)
- **Knee Travel** – Knee, up, turn on the floor to change direction (4 beats)
- **Knee, Lunge Knee**
- **Knee Straddle Over** (Izett)
- **L-Step** (Forward L & Backward L)
- **Luge** – Lateral shuffle
- **Lunges** (Singles & Doubles)
- **Mambo, Mambo Pivot, Hop 2 Times** - Right foot lead: Right foot on board, then shift weight back to the left foot, the right foot on the board again and pivot on the floor (8 beats). Add on the hop on the board two times as you progress.
- **Over/Around** – Over the board step touch twice (Izett)
- **Pivot** –Place right foot on the board, hop and turn over to the other side.
- **Pivot Straddle** - Place right foot on the board, hop and turn over to the other side, straddle down
- **Sling Shot** - Start from the short end of the board. Right foot on the board, then the left foot on the board in front of the right foot then shift the weight back to the right foot and step off the board on the other side and do 2 jacks (12 beats). (Izett)
- **Spin**
- **S-Step**
- **Straddle**
- **Straddle, Swing Back**
- **Straddle, Turn Back**
- **Turn Step**
- **Turn, Straddle, Turn**
- **Upside Travel** (Carl)
- **Up and Back** - (Izett)
- **Walk the Plank Back** - Right leg lead facing the Front. Place right foot then left foot on board, Shift weight to the right foot, bringing the left foot on the floor then the right foot (8 Beats). (Izett)

LEVEL TWO CHOREOGRAPHY

- **Back Draft** - Back Pivot x3, Toe-Toe, Knee Up (Izett)
- **Boardwalk** (Izett)
- **Bounce It** - (Izett/Stacey) Power repeater (or back turn, 180) toe-toe, kick and jump on board, bounce two beats
- **Bump It** - Luge, Toe-Toe, ½ Get Dizzy with it, Slasher I (Steve Walker)
- **Bump it 2** - Luge, Toe-Toe, Forward turn step, ½ Get Dizzy with it, Grasshopper (Steve Walker)
- **Chili Sauce** - Repeater knees (8 beats), Shuffle (two times/4 beats), Step Slide to the right (4 beats) over the top (4 beats), heel-heel and swing the left leg over, heel-heel (8 beats), hop-jack then twist and turn (8 Beats) then step of the board and walk to the left side of the board with an attitude (8 beats) left-right-left down. (Izett)
- **Chopper** - Back Pivot, Luge, Back Pivot. (Izett)
- **Dance the Skip** - Back-turn-180, 4 knees, toe-toe mambo, mambo-pivot, straddle, hop, step of the board to the left. (Izett)
- **Get Dizzy With It** - Turn Step, Hop, Hop, Back Turn, Toe, Toe, Knee Up. (Willie Dye)
- **Hesitation** – Knee up, turn behind, 4 steps back to the board, back pivot, twist, pivot on the floor.
- **Hardball** - Knee travel, back turn, toe-toe, diagonal, heel-heel, pause & turn, toe-toe knee up. (Caprishia)
- **Jack Knife** - Back Pivot Straddle, Grapevine x2, Pivot Exit, 180 on the floor, Back Turn (Izett)
- **Jenny Hop** - Hopscotch, Pivot Straddle, Exit Toe-toe and Back Turn (Jennifer De Hoya)
- **Jitterbug** - Turn Straddle Turn, Get Dizzy With It, Corner to Corner, Jack, 2 Step Touches, Circle) (Izett)
- **Magic Mountain** – V-Step, Back Turn 180, ¼ Merry-Go-Round, 360, J-Step, Two Back Pivots, Toe-Toe, Knee Up (Willie Dye/Izett)
- **Merry-Go-Round** (Randall)
- **Merry-Go-Round with a Mambo** (Izett)
- **P-Funk** (Izett)
- **Pogo** - Double grapevine, tap down, step touch, Repeat sequence with left foot, repeater knees.
- **Pop Star** (Eddie Sanchez & Aleta Taylor)
- **Ride the Horse** – REMIX (Izett)
- **Ride the Horse Pump ‘n Jump** – REMIX (Izett)
- **Rock the Boat** – (Izett)

- **Rock the House** - (Cross over Tap on the Board, Travel, Cross Over Tap on the Board, Tap Down, Back Turn, Circle, Double Knee) – (Maya)
- **Running Man** (Willie Dye)
- **Skip to My Lou** - Start from the short end of the board. Right foot on the board, then the left foot on the board in front of the right foot. Step off the board on the other side and do one jack (8 beats). (Izett)
- **Skippy** - Right leg lead facing the front. Place right foot the board, then the left foot in front as you turn and face left and step off the short end of the board, shuffle two times on the floor to the left (8 beats). Two step touches (1 to the left then one to the right), then end the move with a left foot 360 (8 beats). (Izett)
- **SL One** – Luge x 2, toe-toe, hop and turn, left foot down, toe-toe, knee up (Izett)
- **Slasher I** - Luge x2, Toe-toe, Back-turn (Izett)
- **Slasher II** - Luge x2, 2 half time luges, toe-toe, back turn – (Izett)
- **Step n Groove** (Izett)
- **Tap Dance** - Luge x2 & 3 hops on the board – repeat it again, end with Slasher I, II or Bump It. (Izett)
- **Titanic** - Knee Travel, Back Pivot, 180 on the floor, toe-toe double knee.
- **West Coast** - Knee-up, walk around to the front of the board, 3 knees up (Pivot facing the back on third knee) knee up travel, back pivot straddle, pivot exit. (Steve Walker)
- **Wild Thang** - (Willie Dye)
- **Willie Style** – (Willie Dye)
- **Step Out** (Izett)
- **Super Freak** (Steve Walker)
- **Swivel** - Pivot to the side, 180 on the floor, back turn straddle back turn, toe, toe, knee up (Izett).

LEVEL THREE CHOREOGRAPHY

- **Break Dance I** (Izett)
- **Bump It** - Luge, Toe-Toe, ½ Get Dizzy with it, Slasher I (Steve Walker)
- **Bump it 2** - Luge, Toe-Toe, Forward turn step, ½ Get Dizzy with it, Grasshopper (Steve Walker)

- **Bump it with and Attitude (BWA)** – Half of bump it, hop on the board with one foot, circle on the floor, circle around the board, cross over x 2. (Steve Walker)
- **Bust a Move** - Back turn 180, part of Bump it 2, part of Pogo, bring around like Merry go Round, back turn, toe, toe, diagonal heel-heel, toe, hop-hop, toe-toe, Knee up. (Izett)
- **Cupid Shuffle** – Power to the right, hop, 360, power to the left, hop, 360, jump and kick, back pivot (left foot) jump on board, hold one beat, turn and march on the board, step down on count 7 and 8 (Izett/Lenita)
- **Grasshopper** (Willie)
- **Hot Stepper I** - Toe-Toe Luge 2 X, Hop Jack 2X, Step off the Board, Jack and Turn, Basic Step (Maya)
- **Hot Stepper II** (Izett)
- **Hot Stepper II Rewind** (Izett/Lisa)
- **Hurricane** (Shotgun, Twister and Switchback (Izett)
- **Jam on It** (Izett)
- **Just a Little Bit** (Izett)
- **Kriss Kross** – Attend clinic for breakdown of choreography (Izett)
- **New Switch** - diagonal, heel, heel, back basic, heel, heel, back pivot straddle, pivot straddle, switch-switch, toe-toe, back pivot luge, pivot straddle, switch-switch, toe-toe, knee up) Lisa Sung
- **New Twist**—double grapevine, diagonal, heel-heel, luge 3 repeater heels, pivot straddle, the repeat using opposite leg as lead (Lisa & Izett)
- **One Love** - toe-toe, luge x 2, toe-toe around the corner, pogo, double grapevine, luge x 4, hopjack x 2, step off the board, one jack, basic step) – (Created by Steve Walker)
- **Playground and Playground Combo**– (Izett)
- **Ra Ta Ta** - Right Leg Lead: Starting from the short end of the board. Pivot 180 (4 beats – pivot to the right, then travel so that the left foot is the lead), left foot back-turn, over the top with the right foot, two stutter steps with the left foot(4 beats), grapevine over two times starting with the left foot, butterfly with the left foot (total combo is four 8 counts). Note: the butterfly portion of the move is 4 beats and the left leg comes up on count 4. (Izett. Inspired by Stacey and Timothy)
- **Remix** - Knee travel, part of pogo, part of skip to my lou, luge at the front, 2 knees back, toe-toe, dbl knee. (Lisa Sung)
- **Rewind the Remix** - - (toe-toe dbl knee, 2 knees forward, luge at the front, 2 knees back part of pogo, travel, knee up) (Lisa, Izett & Lenita)
- **Roll Wid It** – (Izett)
- **Shotgun** -Foot on the board, crossover, hop-hop, crossover, hop-hop, hop-jack and a twist, hip-hop pivot straddle, exit, toe-toe, back turn, knee-up, tap down – (Izett and Lenita)

- **Showtime** (Izett)
- **Superman** (Izett/Lenita)
- **Switchback** - (Back Pivot, Toe-Toe, Back Turn, Toe-Toe Back Pivot Straddle, Pivot Straddle, Back turn 180, Back Pivot Luge, Pivot Straddle, Back turn 180, Knee-up) – (Izett)
- **Tipsy** – Attend clinic for breakdown of choreography (Izett/Inspired by Stacey)
- **Tomahawk** – Mambo, Mambo Pivot, Back Pivot, Toe-Toe, Back Pivot, Toe-Toe Back Turn - 180, Basic Step) (Izett)
- **Twister** - Grapevine x 2, Pivot Straddle, Back turn Straddle x 2-Repeat sequence with opposite leg
- **Underground** (Izett)
- **Zip It** - Diagonal, heel-heel, luge-luge, heel-heel, luge, heel-heel, luge heel-heel, switch, toe-toe (Lisa Sung)

LEVEL FOUR CHOREOGRAPHY

- **803** - Knee up travel, back pivot, heel-heel, Back L, switch-switch (to the right) part of skip to my lou, luge, switch-switch (to the left) spinning skip to my lou, 4-toes. (Steve)
- **12-10** – Back-turn 180, part of dance the skip, toe-toe, two knees forward, luge at the front of the board, hop, heel-heel (left side of the board) over the top, heel-heel (right side of the board) spinning skip to my lou off the end of the board, 4 toes, two hops across the board, step down off the board, slap the board, right foot basic (Izett)
- **C-Walk**— (toe-toe, luge, heel-heel, left-right-left down; toe-toe, switch, heel-heel, left-right-left down; toe-toe, switch-switch, toe-toe, back-pivot off the end, toe-toe, switch-switch, toe-toe luge x4, back turn 180, knee up (Lisa Sung and Lenita Arnold)
- **Dejavu** (Lisa)
- **First Down** (Izett)
- **H20**—Rewind the Remix + New Twist +New Switch, Just Do It
- **Just Do It** – (Stacey Stafford)
- **Pacman** (Izett)
- **Lock and Load** (Izett)
- **Hustle and Flow** (Izett)
- **Slip 'n Slide** – (Izett)

DOUBLE BOARD CHOREOGRAPHY

- Double Grass Hopper – (Izett)
- Double, Double Dutch (Maya)
- Double Mix
- Double Playground
- Double Rewind
- Double T (Titanic on two Board: Knee up travel, other board back pivot 180, toe-toe, double knee – (Izett)

CHALLENGES

Xtreme Step Challenge #1

Bust a Move, déjà vu, Zip it 2 times, C-Walk, Just Do It, Kick and Bounce, Freak It, Pop Star, Kick and Bounce (Izett)

Xtreme Step Challenge #2

Part of 12-10, part of tipsy, back-pivot straddle, freak it, pop-star, ½ of BWA, toe-toe, zip it 2 times, pogo, step slide, back-turn, 12-10