

Xtreme Step Choreography	Creator	Level
1. Aftershock	Steve Walker	Intermediate
2. 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	Advanced
3. 12-10 – <i>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</i>	Izett	Advanced
4. Alternating Knees	Core Move	Beginner
5. Around the Block – Toe-toe knee up, around the corner	Izett	Intermediate
6. Back Draft – Back Pivot x3, Toe-Toe, Knee Up	Izett	Intermediate
7. Back Space – <i>Begins at the end of the board. Toe-toe, heel-heel, hop back 4x, two jacks</i>	Izett	Intermediate
8. Back Yard Boogie	Steve Walker	
9. Boardwalk	Izett	Intermediate
10. Boomerang	Izett	Intermediate
11. Bounce It – Power repeater (or back turn, 180) toe-toe, kick and jump on board, bounce two beats	(Izett/Stacey)	Advanced
12. Break Dance	Izett	Intermediate
13. Break It (Izett)	Izett	Intermediate

14. Bump It – Luge, Toe-Toe, ½ Get Dizzy with it, Slasher I	Steve Walker	Advanced
15. Bump it 2 – Luge, Toe-Toe, Forward turn step, ½ Get Dizzy with it, Grasshopper	Steve Walker	Advanced
16. 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	Advanced
17. Bust a Move – <i>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</i>	Izett	Advanced
18. Cali Swagg	Izett	Intermediate
19. Chili Sauce – <i>Step touch of the end (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.</i>	Izett	Intermediate
20. Chopper – Back Pivot, Luge, Back Pivot.	Izett	Intermediate
21. Corner to Corner – Diagonal cross the board	Core Move	Beginner
22. Crosswalk		Intermediate
23. 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	Advanced
24. Dance the Skip – <i>Back-turn-180, 4 knees, toe-toe mambo, mambo-pivot, straddle, hop, step of the board to the left</i>	Izett	Intermediate

25. Dejavu	Lisa Sung	Advanced
26. Double Dutch	Izett	Intermediate
27. First Down	Izett	Advanced
28. Freak It – <i>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.</i>	Lisa Sung	Intermediate
29. Freeway – Over the Top, Turn, Over the Top	Core Move	Beginner
30. Get Dizzy With It – Turn Step, Hop, Hop, Back Turn, Toe, Toe, Knee Up.	Willie Dye	Intermediate
31. Give Me a Beat (8 Beats)	Izett	Beginner
32. Grasshopper	Willie Dye	Intermediate
33. H20 – Rewind the Remix + New Twist +New Switch, Just Do It	Izett	Advanced
34. Half Time – Half of “Motown”	Izett	Intermediate
35. Hardball – Knee travel, back turn, toe-toe, diagonal, heel-heel, pause & turn, toe-toe knee up.	Caprisha	Intermediate
36. Hop Jack	Izett	Beginner
37. Hop Jack and a Twist	Izett	Intermediate
38. Hop’n Slash –Hop on the board 2 times, luge-luge, knee up, tap down• J step.	Izett	Intermediate
39. Hopscotch	Lynette	Intermediate
40. Hot Stepper I – <i>Toe-Toe Luge 2 X, Hop Jack 2X, Step off the Board, Jack and Turn, Basic Step</i>	Maya	Intermediate

41. Hot Stepper II	Izett	Intermediate
42. Hurricane (Shotgun, Twister and Switchback)	Izett	Advanced
43. Hustle and Flow (Izett)	Izett	Advanced
44. I-Hop	Izett	Advanced
45. J Step (Over the top and travel to the opposite corner)	Core Move	Beginner
46. Jack Knife – <i>Back Pivot Straddle, Grapevine x2, Pivot Exit, 180 on the floor, Back Turn</i>	Izett	Intermediate
47. Jenny Hop – <i>Hopscotch, Pivot Straddle, Exit Toe-toe and Back Turn</i>	(Jennifer De Hoya)	Intermediate
48. Jitterbug – <i>Turn Straddle Turn, Get Dizzy With It, Corner to Corner, Jack, 2 Step Touches, Circle</i>)	Izett	Intermediate
49. Jump Start – Toe-toe (half time), two step touches	Izett	Beginner
50. Just a Little Bit	Izett	Advanced
51. Just Do It – (Stacey Stafford)	Stacey Stafford	Advanced
52. Kick and Bounce – <i>Toe-toe, Jump up on the board with two feet, hands follow through in a basketball jump shot motion.</i>	Izett	Beginner
53. Knee Travel – Knee, up, turn on the floor to change direction (4 beats)	Izett (inspired by Lars)	Beginner
54. Kriss Kross – <i>Attend clinic for breakdown of choreography</i>	Izett	Advanced
55. Lock and Load	Izett	Advanced
56. L-Step (Forward L & Backward L)	Core Move	Beginner
57. Lunges (Singles & Doubles)	Core Move	Beginner

58. Magic Mountain – <i>V-Step, Back Turn 180, ¼ Merry-Go-Round, 360, J-Step, Two Back Pivots, Toe-Toe, Knee Up</i>	(Willie Dye/Izett)	Advanced
59. Motown	Izett	Intermediate
60. Merry-Go-Round	Randall	Intermediate
61. Merry-Go-Round with a Mambo	Izett	Intermediate
62. New Switch – <i>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)</i>	Lisa Sung	Advanced
63. New Twist — <i>double grapevine, diagonal, heel-heel, luge 3 repeater heels, pivot straddle, the repeat using opposite leg as lead</i>	(Lisa & Izett)	Advanced
64. One Love – <i>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)</i>	Steve Walker	Advanced
65. Over/Around – Over the board step touch twice	Izett	Beginner
66. Pacman	Izett	Advanced
67. P-Funk	Izett	
68. Pivot –Place right foot on the board, hop and turn over to the other side.	Core Move	Beginner
69. Pivot Straddle – Place right foot on the board, hop and turn over to the other side, straddle down	Core Move	Beginner
70. Playground and Playground Combo	Izett	Advanced
71. Pogo – <i>Double grapevine, tap down, step touch, Repeat sequence with left foot, repeater knees.</i>		Intermediate

72. Pop Star	(Eddie Sanchez & Aleta Taylor)	Intermediate
73. Ra Ta Ta – <i>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.</i>	(Izett. Inspired by Stacey and Timothy)	Intermediate
74. Remix – <i>Knee travel, part of pogo, part of skip to my lou, luge at the front, 2 knees back, toe-toe, dbl knee.</i>	(Lisa Sung)	Intermediate
75. 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)	Intermediate
76. Ride the Horse	Izett	Intermediate
77. Ride the Horse Pump ‘n Jump	Izett	Intermediate
78. Rock the Boat	Izett	Intermediate
79. Roll Wid It	Izett	Advanced
80. Running Man	Willie Dye	Intermediate
81. Shotgun - <i>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</i>	(Izett and Lenita)	Advanced
82. Showtime	Izett	Advanced
83. Skip to My Lou – <i>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</i>	Izett	Beginner

<i>one jack (8 beats).</i>		
84. Skippy – <i>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).</i>	Izett	Beginner
85. SL One – <i>Luge x 2, toe-toe, hop and turn, left foot down, toe-toe, knee up</i>	(Izett)	Advanced
86. Slasher I – <i>Luge x2, Toe-toe, Back-turn</i>	(Izett)	Advanced
87. Slasher II – <i>Luge x2, 2 half time luges, toe-toe, back turn</i>	(Izett)	Advanced
88. Sling Shot – <i>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).</i>	Izett	Beginner
89. Slip ‘n Slide	Izett	Advanced
90. S-Step – <i>traveling L Step</i>	Core move	Beginner
91. Step n Groove	Izett	Beginner
92. Step Out	Izett	Advanced
93. Straddle, Straddle, Swing Back, Straddle, Turb-Bank		Beginner
94. Superman	(Izett/Lenita)	Advanced
95. Switchback – <i>(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)</i>	Izett	Advanced
96. Swivel – <i>Pivot to the side, 180 on the</i>	Izett	Intermediate

<i>floor, back turn straddle back turn, toe, toe, knee up</i>		
97. Tail Spin	Izett	Advanced
98. Tap Dance – <i>Luge x2 & 3 hops on the board – repeat it again, end with Slasher I, II or Bump It.</i>	Izett	Intermediate
99. This n That	Izett	Intermediate
100. Tipsy – <i>Attend clinic for breakdown of choreography</i>	Izett/Stacy	Advanced
101. Titanic – <i>Knee Travel, Back Pivot, 180 on the floor, toe-toe double knee.</i>	Unknown	Intermediate
102. Tomahawk – <i>Mambo, Mambo Pivot, Back Pivot, Toe-Toe, Back Pivot, Toe-Toe Back Turn – 180, Basic Step)</i>	Izett	Intermediate
103. Twister – <i>Grapevine x 2, Pivot Straddle, Back turn Straddle x 2-Repeat sequence with opposite leg</i>	Unknown	Intermediate
104. Underground	Izett	Advanced
105. Walk the Plank Back – <i>Right leg lead facing the Front. Place right foot then left foot or board, Shift weight to the right foot, bringing the left foot on the floor then the right foot (8 Beats).</i>	Izett	Intermediate
106. West Coast – <i>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.</i>	Steve Walker	Intermediate
107. West Side Swing	Izett	Advanced
108. Wild Thang	Willie Dye	Advanced
109. Willie Style	Willie Dye	Advanced

110. Zip It – <i>Diagonal, heel-heel, luge-luge, heel-heel, luge, heel-heel, luge heel-heel, switch, toe-toe, knee travel</i>	Lisa Sung	Advanced
111. Super Freak	Steve Walker	Intermediate
112. Jam On It	Izett Barnett	Intermediate
113. Uptown	Izett	Advanced
114. Jigsaw	Izett	Advanced
CHALLENGES		
Xtreme Step Challenge #1		
Running Man with a corner-to-corner hop, Cali-Swagg, Twister and Aftershock	Izett	Intermediate
Xtreme Step Challenge #2		
West-Side Swing, Slip'n Slide, (back-pivot, toe-toe on count 5-6-7-8) Underground and Get Loose	Izett	Advanced