

Step-Less Step

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Overview: This high-energy, equipment-free workshop recreates the feel of step intervals using floor-based movement patterns, directional travel, rhythm changes, power pushes, and athletic conditioning drills. You'll leave with practical coaching strategies, inclusive intensity options, adaptable interval blocks, and ready-to-use programming ideas. Creative cardio and intervals with classic step energy, no equipment required!

Today's Goals:

- Translate step-inspired patterns into effective floor-based movement.
- Build intervals using direction, rhythm, range, speed, and power.
- Layer patterns clearly and offer options for different impact preferences and abilities.
- Leave with adaptable blocks, coaching cues, and a programming template.

Floor-Based Step Patterning

- **Basic walk:** Step forward-forward, back-back; alternate lead leg
- **V-step:** Travel wide-wide, narrow-narrow.
- **Corner knee:** Travel diagonally and drive the outside knee. Increase travel for more intensity.
- **Repeater:** Hold one side for repeated power knees, curls, or taps; change the number of repeaters (2, 3, 4, 5, 7) and add in cross-phrasing options
- **L-pattern:** Travel forward and to the side, then retrace the travel.
- **Lateral travel:** Use grapevines, chassés, marches, step touches or shuffles.

Teaching reminder: Build from the base move first, then layer one change at a time. Prioritize clear foot placement, predictable exits, and balanced lead-leg work before adding complexity.

Three Ready-to-Use Interval Formats

1. Build + Burst

Teach a simple 16- or 32-count floor pattern, repeat for learning, then follow with a short athletic power push.

Example: V-step x 2 → ham curl travel x2 → L-step → knee up with power x 2 → 20 seconds of repeater knees → active recovery.

2. Pattern / Power / Recover

Alternate one minute of rhythmic choreography, 30 seconds of a related power move, and 30 seconds of purposeful recovery.

Example: Knee up into syncopated squat → alternating kick / run → march with breath reset.

3. Add-On Ladder

Begin with one move and add a new element each round. After the full sequence, reverse the ladder or finish with a peak-effort repetition.

Example: Basic walk → add V-step → add repeater curl → add lateral shuffle.

Ready-to-Use Programming Formula

1. **Choose a floor pattern:** Start with a move such as an L-pattern, V-step, or repeater knee.
2. **Teach the base:** Establish the footwork, lead leg, direction, and exit.
3. **Add one layer:** Change direction, timing, arms, travel, range, or intensity.
4. **Insert an interval:** Use 20–45 seconds—or a beat-based phrase—of athletic effort followed by active recovery.
5. **Offer options:** Provide grounded, moderate, and higher-intensity choices.
6. **Reconnect:** Return to the pattern so the block feels cohesive.

Coach It Clearly

- **Preview the pattern:** “Basic right for four, then watch for the L-pattern.”
- **Cue direction early:** “Travel to the corner,” “face the front,” or “return to home base.”
- **Layer one change at a time:** Establish the feet before adding direction, rhythm, arms, or power.
- **Coach posture and control:** “Soft knees,” “chest lifted,” “land lightly,” and “move with control.”
- **Offer intensity choices:** “Keep it grounded, add arms, or power it up.”
- **Use interval cues:** “Twenty seconds strong,” “recover on the march,” and “find your breath before we build again.”
- **Keep participants connected:** “Choose the version that works today” and “strong and successful beats perfect.”
- **Say it—do it:** Invite participants to repeat key cues with you to reinforce timing and confidence.

Accessibility & Intensity Options

- Reduce impact by keeping one foot on the floor and using strong, grounded steps.
- Reduce complexity by facing front, removing arm patterns, or repeating fewer moves.
- Reduce travel when space is limited; increase arm range to maintain intensity.
- Increase challenge with larger movement, quicker transitions, deeper levels, or optional propulsion.
- Encourage participants to work at a sustainable effort and return to the base option at any time.

Workout Roadmap

Segment	Purpose	Sample Move or Focus
Warm-Up	Prepare movement, rhythm, and confidence	Basic step = march on the spot, step touch, mambos, V-step, mobility, rehearsal cues
Choreography Block	Build a floor-based pattern with clear layering	Repeater knee to travel, L-pattern variation, directional change
HIIT Interval	Elevate effort with clear work and recovery	Power knees, repeaters, quick taps, floor jacks, athletic drives, jax
Recovery Reset	Return to control and reconnect to the beat	March, base patterns, low-impact options, breath cues
Repeat & Progress	Blend choreography and intensity	Alternate leads, add arms, adjust impact, refine transitions
Programming Practice	Create and coach a short step-less block	Choose, layer, interval, recover, reconnect

Cool-Down & Wrap up	Lower intensity, restore mobility, and reflect	Easy step-touches, calf and hip-flexor release, takeaways
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Step Pattern | Let's try it Step-less!

- **Basic Step** x 2, step touch x 2, knee up 1x ; Ham curl x 2, rock step x 2 (add lots of travel)
- **Double stomp**, double stomp, double repeater 1x ; Kick x 2 (or power squat), OTT, shuffle around (or step touch) IT: Kicks (variation – i.e. Charleston)
- **3-repeater weave**, L-Step (turning) x 1 Around the world $\frac{3}{4}$, OTT 1x IT= 7 Repeater; continuous repeater or weave repeater.
- **V-step** x 2, Slow V, tempo down, tempo up and lunge 3x alternate, Side leg out, exit front IT = Power Squats
- **Knee up x 2**, turn step straddle turn step straddle; Stomp forward and back x 2, stomp turn, OTT IT = Double Repeater into a Jax or Leap

Build Your Own Step-Less Block

Movement Choice	Your Plan
Home-base move	_____
Pattern 1	_____
Pattern 2	_____
Direction or rhythm change	_____
Power option	_____
Low-impact option	_____
Recovery move	_____
Work / recovery timing	_____
Key cue	_____

Reflection Prompts

- Which floor pattern could you build into an interval?
- Where would a power push or active recovery best support the flow?
- What options would help participants at different confidence and impact levels feel successful?

Key Takeaways

- Direction, rhythm, range, and progression create the feel of step on the floor.
- A clear base move and one change at a time make patterns easier to follow.
- Impact and intensity are different: participants can work hard without jumping.
- Pattern, power, and recovery should connect with purpose.

Keep it Simple. Move with Purpose. Let's Step—without the step!

Thank you!