WHAT IS STEP AEROBIC

DEFINITION
Step aerobics is a choreographed routine of stepping up and down on a rectangular, square, or circular platform.

WHAT STEP AEROBIC DOES GOOD FOR YOU
Gets your heart and lungs in shape and tones your tush. Step aerobics is a terrific cross-training activity for all health concerned people of the world and can be easily done at home.

OUR OFFR
For only 20 USD per month you get access to a study growing database of step aerobic choreographies. Proven incredible successful with over 1 Mio Youtube views—ready for you NOW!

A Welcome to the World of Step Aerobic

Hola and Grütz
My name is Fabian Kühn, I have been born and raised 1971 in Brazil.
Sport has always been my love for life. I love to be with loads of people and already at early age, I was pretty much sure that all I wanted to do in life is to move and move people with me.
My whole life has been dedicated to step and the music which goes along. Still today, I am fascinated about the movements in combination with music and the motivation it gives to people all around the world.

I am learning every day and have excelled in 1000s of different techniques and unique movements. Over 1 million YouTube hits are proof of the relevance and then fun people of more than 150 countries all over the world have to dance and move with me.
This flyer will give you the basics for

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STEP PATTERN

BASIC SINGLE LEAD

V-STEP SINGLE LEAD

TAP UP—TAP DOWN SINGLE LEAD

TAP DOWN ALTERNATING LEAD
**STEP PATTERN**

**TAP UP ALTERNATING LEAD**

![Step Pattern Diagram](image1)

**STEP TAP ALTERNATING LEAD**

![Step Pattern Diagram](image2)

**LIFT STEPPS ALTERNATING LEAD**

![Step Pattern Diagram](image3)

**TAP DOWN ALTERNATING LEAD**

![Step Pattern Diagram](image4)

**Mr. Step**

Fabian Kühn

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STEP PATTERN

STRADDLE DOWN SINGLE LEAD

STRADDLE UP SINGLE LEAD

TURN STEP ALTERNATING LEAD

OVER THE TOP ALTERNATING LEAD