

Aerostep

Block	Direction	Counts							
	FRONT	step1		step 2		step 3			
	FRONT	step 4				step 5		step 6	
1	FRONT	R on basic step 1	L on 2	R off 3	L off 4	R on basic step 5	L on 6	R off 7	L off 8
2	FRONT	R on V step 1	L on 2	R off 3	L off 4	R on V step 5	L on 6	R off 7	L off 8
3	FRONT	R on knee up 1	L knee up 2	L off 3	R off 4	L on knee up 5	R knee up 6	R off 7	L off 8
4	FRONT	R on knee up 1	L knee up 2	L off 3	R off 4	L on knee up 5	R knee up 6	R off 7	L off 8
5	FRONT	Mambo 1	2	3	4	Mambo 5	6	7	8
6	FRONT	Step touch 1	round step 2	Step touch 3	round step 4	Step touch 5	round step 6	Step touch 7	round step 8

7	FRONT	pick 1	up 2	step 3	and 4	move 5	to 6	formation 7	2 8
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8	FRONT	pick 1	up 2	step 3	and 4	move 5	to 6	formation 7	2 8
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	FRONT	<div style="display: flex; justify-content: space-between; padding: 5px;"> step6 step 5 step 4 step 1 step 2 step3 </div>							
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9	FRONT	L on Turn 1	R on step 2	L off 3	R off tap 4	R on Turn 5	L on step 6	R off 7	L off tap 8
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10	FRONT	Shuffle 1	2	3	4	Shuffle 5	6	7	8
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11	FRONT	L on Hamstring 1	R curl curl 2	R off 3	L off 4	R on Hamstring 5	L curl curl 6	L off 7	R off 8
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12	FRONT	L on Hamstring 1	R curl curl 2	R off 3	L off 4	R on Hamstring 5	L curl curl 6	L off 7	R off 8
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13	FRONT	walk 1	round 2	step 3	4	5	6	7	8
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21	FRONT	move	to	finishing	position						
		1	2	3	4	5	6				8

