

STEP

Project speaks

Summary

POJET INTERDISCIPLINAIRE
ANGLAIS EPS

- Conception Of The Step
 - Rules to practice Step
 - The Main Moves Of Step
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Conception Of The Step



Created in the United States in 1986 by Gin Miller, the step has become very popular today. This fitness-type training program owes its name to the only equipment that comes with it .

Rules to practice Step

- You have to climb with your entire foot on the Step.
- You must not descend too far from the Step in order to keep more balance.
- Look ahead
- Shoulders relaxed back
- Straightened bust
- Soft knees
- Tilting the whole body forward



Basic Right/left Step

Step onto the step with the right/left foot.
Step up with the left/right foot.
Step down backward with the right/left foot.
Step down backward with the left/right foot



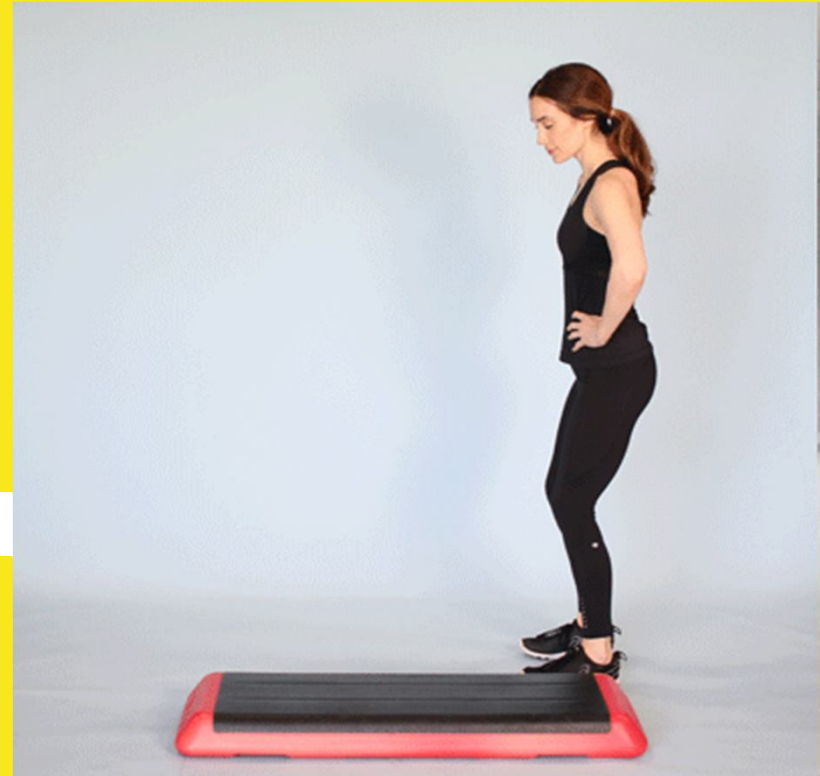
Turn step Move

Begin standing sideways to the step.

Step up with the right foot.

Turn as you bring the left foot up onto the step.

Step down with the right foot.



A-Step Move

Begin standing next to the bench, facing sideways.
Step up to the center of the step with the right foot.
Lift the left foot to meet the right.
Step down and back to the opposite side with the right
foot.
Bring the left foot to meet the right.



The End