

## Aerobic Choreography

Aerobics is a disciplined sport and we can define it as "physical activity with musical support whose purpose is the maintenance or development of our physical form by means of aerobic exercises, these being of low or medium intensity and long duration".

Created by Dr. Cooper, author of the book titled *Aerobics* in 1968, which demonstrates a training program applied first to the American military to increase resistance, strength and to reduce the risk of heart and circulatory diseases in those who practice it.



It is called aerobics because it indicates that there is a balance during exercise between the oxygen provided by the cardiorespiratory system and the oxygen that the cells, that are carrying out most of the muscle work, need.

Music is the essential element of aerobics. It marks the speed and pace at which we must move. Music with very distinct rhythms is necessary. Before choosing the music to use to perform our choreography, we must know a few concepts:

**BEAT or MUSICAL PULSE:** These are the rhythmic blows that can be heard in the background of a song. They are the "pum, pum, pum" that we identify constantly and regularly in a musical number.



The "**TEMPO**" is the number of beats per minute (BPM), which is to say, the speed of the music.

**ACCENT:** They are the beats that stand out in intensity and are repeated periodically within a set of beats. Hence why we identify strong beats and weak beats.

**MUSICAL PHRASE:** Group of 8 beats, the very first will be accentuated.

**MUSICAL BLOCK:** The sum of 4 musical phrases, which is to say, 32 musical beats.

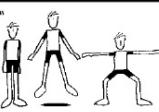
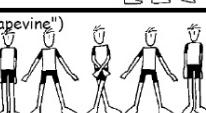
**CHOREOGRAPHY:** Putting together various musical blocks.

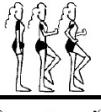
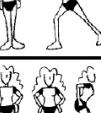
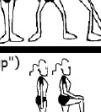
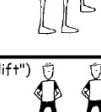
## AEROBIC VARIANTS:

Since its creation, aerobics has evolved and variants of it have emerged, such as:

- **STEP:** using small steps to increase leg workouts.
- **BODY-COMBAT:** boxing and martial arts (front kicks, side-kicks, punches ...)
- **BODY-PUMP:** bodybuilding exercises (with dumbbells, weight bars ...)

**MOVEMENTS:** There are many movements in aerobics, depending on the modality. Here we have some of the most representative ones:

	1 Tiempo	Adelante/atrás Diagonal Lateral Circular	
	2 Tiempos	Adelante/atrás Girando	Con cruce de piernas
	2 Tiempos	Adelante Atrás Diagonal Girando	Lateral Diagonal
	2 Tiempos	Adelante Atrás Diagonal Lateral Girando	Adelante Atrás Diagonal Lateral
	2 Tiempos	Adelante/atrás Diagonal Lateral Girando	Adelante Atrás Diagonal Lateral
	4 Tiempos	Lateral Diagonal	Cruce por delante Giro
	4 Tiempos		Lateral Adelante Atrás Girando

	1 Tiempo	Adelante/atrás Diagonal Lateral Circular	
	1 Tiempo	Plano frontal Plano antero-posterior	
	2 Tiempos	Adelante Atrás Diagonal Lateral	Atrás (en 2 ó 4t) Adelante (en 2 ó 4t) Paso toca doble (4t)
	2 Tiempos		Lateral Atrás Adelante Con giro (de 2 ó 4t)
	2 Tiempos		Lateral Atrás Adelante (de punta y de talón)
	2 Tiempos	Adelante Lateral Atrás Girando	Lateral con cruce de pierna por delante (en 4 tiempos) En plano frontal y diagonal.
	2 Tiempos	Adelante Atrás Diagonal Girando	Elevar el talón por delante de la pierna de apoyo
	2 Tiempos	En el sitio Girando	

**How to make your own choreography--Follow these steps:**

- 1º **Choose the right music** (a song with properly marked beats). Remember that the higher the "Tempo" of the song, the harder it is to dance to.
- 2º **Analyze the music** (listen to the song multiple times to distinguish the rhythm well, analyze the phrases and blocks and then introduce the steps/moves.)
- 3º **Choose the steps/moves** that you want to use in your choreography
- 4º **Coordinate the steps to the music** (combine the different types of steps)
- 5º **Include displacements** in space and spatial figures (different formations of the components that perform the choreography). As well as costumes, gymnastic elements, other dance steps...anything that enriches your choreography
- 6º **Teach and practice until you get it right**