

Cardio Core Fusion I DVD - Choreography Notes

by Laurie Denomme

Warm-Up – perform each 30-45 seconds (A-B moving clockwise; E-F counterclockwise)

- A. Walk forward fast in a square
- B. Walk back in a square
- C. Walk forward leg curls – side step
Walk back leg curls – side step
- D. Repeat “C” using seated squat
- E. Walk forward in a square knees high
- F. Walk back in a square lunge

Block 1

Step-slide (LT) **progress to a side step**
 Knee lift – kick in front – step (FT)
 Triangle pose - pendulars

Block 2

Draw half moon with lead leg – slide opposite foot to lead leg (LT)
 Knee lift–kick–knee–draw ½ circle–step back (BT)
 Knee lift–kick–step forward (FT)
 Mountain pose–Scapular retraction **press back/slice forward**

Block 3

LE-D1”ankle reach” w/UE-D2 (LT- **toward working leg**)
 Toe walking & Heel walking (FT/BT)
 Airplane pose – Posterior deltoid **press up/slice down**

Block 4

Straight leg walking (FT/BT)
 Cross Country Ski (FT/BT)
 Warrior pose – UE-D1 w/back arm

Block 5

Knee out – internal rotation – step or kick (FT)
 Hamstring curl (BT)
 Eagle pose LE – Ex/rotation **smaller knee bend press out/slice in**

Block 6

Backward lunge walking (BT)
 LE-D2– adduct and step forward (FT)
 Tree Pose – Triceps push down **press down/slice up**
 Pulses back **press back/slice front**
 Pulses inward **press in/slice out**

Block 7

Grapevine (step cross front–step cross behind) (LT)
 Tight rope (FT/BT)
 Airplane pose – Pectorals **press down/slice up**

Block 8

Forward walking (emphasis on heel-to-toe motion)
 Back walking (emphasis toe-to-heel–avoid shuffling)