**Exemplarischer Aufbau einer Choreographie über einen Musikbogen**

Bemerkung: Je nach Leistungsstand der Gruppe können Aufbauschritte (= Zeilen in der Tabelle) übersprungen werden, oder der Aufbauschritte mehrmals wiederholt bzw. zunächst HT durchgführt werden

Abkürzungen:

li - **li**nks

re - **re**chts

HT - **h**alf **t**ime (halbes Tempo)

J - **J**ab

Pu - **Pu**nch

Uc - **U**pper**c**ut

FK, SK, RK - **F**ront-, **S**ide-, **R**oundhouse**k**ick

KL fr, sd, dia - **K**nee**l**ift **fr**ontal, **s**i**d**ewards, **dia**gonal

**Beispiel 1 -** Zielform: Punch li – Punch re, Uppercut li – Uppercut re, Kneelift fr re – Kneelift fr li, Frontkick re – Frontkick li *(zwei „Achter”/zwei Phrasen)*

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Phrase 1 | | | | | | | | Phrase 2 | | | | | | | | Phrase 3 | | | | | | | | Phrase 4 | | | | | | | |
| Takt 1 | | | | Takt 2 | | | | Takt 3 | | | | Takt 4 | | | | Takt 5 | | | | Takt 6 | | | | Takt 7 | | | | Takt 8 | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| P re  HT |  |  |  | P re  HT |  |  |  | P re  HT |  |  |  | P re  HT |  |  |  | P li  HT |  |  |  | P li  HT |  |  |  | P li  HT |  |  |  | P li  HT |  |  |  |
| P re |  | P re |  | P re |  | P re |  | P re |  | P re |  | P re |  | P re |  | P li |  | P li |  | P li |  | P li |  | P li |  | P li |  | P li |  | P li |  |
| P re |  | P re |  | P re |  | P re |  | P li |  | P li |  | P li |  | P li |  | P re |  | P re |  | P re |  | P re |  | P li |  | P li |  | P li |  | P li |  |
| P re |  | P re |  | P li |  | P li |  | P re |  | P re |  | P li |  | P li |  | P re |  | P re |  | P li |  | P li |  | P re |  | P re |  | P li |  | P li |  |
| P re |  | P li |  | P re |  | P li |  | P re |  | P li |  | P re |  | P li |  | P re |  | P li |  | P re |  | P li |  | P re |  | P li |  | P re |  | P li |  |
| Uc re |  | Uc li |  | Uc re |  | Uc li |  | Uc re |  | Uc li |  | Uc re |  | Uc li |  | Uc re |  | Uc li |  | Uc re |  | Uc li |  | Uc re |  | Uc li |  | Uc re |  | Uc li |  |
| P re |  | P li |  | P re |  | P li |  | P re |  | P li |  | P re |  | P li |  | Uc re |  | Uc li |  | Uc re |  | Uc li |  | Uc re |  | Uc li |  | Uc re |  | Uc li |  |
| P re |  | P li |  | P re |  | P li |  | Uc re |  | Uc li |  | Uc re |  | Uc li |  | P re |  | P li |  | P re |  | P li |  | Uc re |  | Uc li |  | Uc re |  | Uc li |  |
| P re |  | P li |  | Uc re |  | Uc li |  | P re |  | P li |  | Uc re |  | Uc li |  | P re |  | P li |  | Uc re |  | Uc li |  | P re |  | P li |  | Uc re |  | Uc li |  |
| P re |  | P li |  | Uc re |  | Uc li |  | P re |  | P li |  | Uc re |  | Uc li |  | P re |  | P li |  | Uc re |  | Uc li |  | P re |  | P li |  | Uc re |  | Uc li |  |
| evtl. „Lückenfüller“ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| KL fr re HT |  |  |  | KL fr re HT |  |  |  | KL fr re HT |  |  |  | KL fr re HT |  |  |  | KLfr li  HT |  |  |  | KL fr li  HT |  |  |  | KL fr li  HT |  |  |  | KL fr li  HT |  |  |  |
| KL fr re |  | KL fr re |  | KL fr re |  | KL fr re |  | KL fr re |  | KL fr re |  | KL fr re |  | KL fr re |  | KL fr li |  | KL fr li |  | KL fr li |  | KL fr li |  | KL fr li |  | KL fr li |  | KL fr li |  | KL fr li |  |
| KL fr re |  | KL fr re |  | KL fr re |  | KL fr re |  | KL fr li |  | KL fr li |  | KL fr li |  | KL fr li |  | KL fr re |  | KL fr re |  | KL fr re |  | KL fr re |  | KL fr li |  | KL fr li |  | KL fr li |  | KL fr li |  |
| KL fr re |  | KL fr re |  | KL fr li |  | KL fr li |  | KL fr re |  | KL fr re |  | KL fr li |  | KL fr li |  | KL fr re |  | KL fr re |  | KL fr li |  | KL fr li |  | KL fr re |  | KL fr re |  | KL fr li |  | KL fr li |  |
| KL fr re |  | KL fr li |  | KL fr re |  | KL fr li |  | KL fr re |  | KL fr li |  | KL fr re |  | KL fr li |  | KL fr re |  | KL fr li |  | KL fr re |  | KL fr li |  | KL fr re |  | KL fr li |  | KL fr re |  | KL fr li |  |
| KL fr re |  | KL fr li |  | FK re |  | FK li |  | KL fr re |  | KL fr li |  | FK re |  | FK li |  | KL fr re |  | KL fr li |  | FK re |  | FK li |  | KL fr re |  | KL fr li |  | FK re |  | FK li |  |
| KL fr re |  | KL fr li |  | FK re |  | FK li |  | KL fr re |  | KL fr li |  | FK re |  | FK li |  | KL fr re |  | KL fr li |  | FK re |  | FK li |  | KL fr re |  | KL fr li |  | FK re |  | FK li |  |
| evtl „Lückenfüller“ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| P re  HT |  |  |  | P li  HT |  |  |  | Uc re  HT |  |  |  | Uc li HT |  |  |  | KL fr re  HT |  |  |  | KL fr li  HT |  |  |  | FK re  HT |  |  |  | FK li  HT |  |  |  |
| P re |  | P li |  | Uc re |  | Uc li |  | KL fr re |  | KL fr li |  | FK re |  | FK li |  | P re |  | P li |  | Uc re |  | Uc li |  | KL fr re |  | KL fr li |  | FK re |  | FK li |  |
| P re |  | P li |  | Uc re |  | Uc li |  | KL fr re |  | KL fr li |  | FK re |  | FK li |  | P re |  | P li |  | Uc re |  | Uc li |  | KL fr re |  | KL fr li |  | FK re |  | FK li |  |
| P re |  | P li |  | Uc re |  | Uc li |  | KL fr re |  | KL fr li |  | FK re |  | FK li |  | P re |  | P li |  | Uc re |  | Uc li |  | KL fr re |  | KL fr li |  | FK re |  | FK li |  |

**Beispiel 2 -** Zielform: Grapevine re – Punch li – Punch re – Punch li, Kneelift sidewards re – Roundkick re, Kneelift sidewards li – Roundkick li

Grapevine li – Punch re – Punch li – Punch re, Knieelift sidewars li – Roundkick li, Kneelift sidewards re – Roundkick re *(vier „Achter”/vier Phrasen)*

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| Phrase 1 | | | | | | | | Phrase 2 | | | | | | | | Phrase 3 | | | | | | | | | Phrase 4 | | | | | | | | | | | | | | |
| Takt 1 | | | | Takt 2 | | | | Takt 3 | | | | Takt 4 | | | | Takt 5 | | | | Takt 6 | | | | | Takt 7 | | | | | | | | Takt 8 | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 1 | | 2 | | 3 | | 4 | | 5 | | 6 | | 7 | | 8 |
| Step re |  | Step li |  | Step re |  | March li |  | March re |  | March li |  | March re |  | Tap li |  | Step li |  | Step re |  | Step li |  | March re |  | | March li | |  | | March re | |  | | March li | |  | | Tap re | |  |
| **HT:** Grapevine – Pause (March) | | | | | | | | | | | | | | | | **HT:** Grapevine – Pause (March) | | | | | | | | | | | | | | | | | | | | | | | |
| Step re |  | Step li |  | Step re |  | Pu li |  | March li |  | March re |  | March li |  | March re |  | Step li |  | Step re |  | Step li |  | Pu re |  | | March re | |  | | March li | |  | | March re | |  | | March li | |  |
| **HT:** Grapevine – Punch – Pause (March) | | | | | | | | | | | | | | | | **HT:** Grapevine – Punch – Pause (March) | | | | | | | | | | | | | | | | | | | | | | | |
| Step re | Step li | Step re | Pu li | March li | March re | March li | March re | Step li | Step re | Step li | Pu re | March re | March li | March re | March li | Step re | Step li | Step re | Pu li | March li | March re | March li | March re | | Step li | | Step re | | Step li | | Pu re | | March re | | March li | | March re | | March li |
| Grapevine – Punch – Pause (March) | | | | | | | | Grapevine – Punch – Pause (March) | | | | | | | | Grapevine – Punch – Pause (March) | | | | | | | | | Grapevine – Punch – Pause (March) | | | | | | | | | | | | | | |
| Step re | Step li | Step re | Pu li |  | Pu li |  | Pu li | Step li | Step re | Step li | Pu re |  | Pu re |  | Pu re | Step re | Step li | Step re | Pu li |  | Pu li |  | Pu li | | Step li | | Step re | | Step li | | Pu re | |  | | Pu re | |  | | Pu re |
| Grapevine – 3 Punches li | | | | | | | | Grapevine – 3 Punches re | | | | | | | | Grapevine – 3 Punches li | | | | | | | | | Grapevine – 3 Punches re | | | | | | | | | | | | | | |
| Step re | Step li | Step re | Pu li |  | Pu re |  | Pu li | Step li | Step re | Step li | Punch re |  | Punch li |  | Punch re | Step re | Step li | Step re | Pu li |  | Pu re |  | Pu li | | Step li | | Step re | | Step li | | Punch re | |  | | Punch li | |  | | Punch re |
| Grapevine – Pu li – re – li | | | | | | | | Grapevine – 3 Punch re – li – re | | | | | | | | Grapevine – Pu li – re – li | | | | | | | | | Grapevine – 3 Punch re – li – re | | | | | | | | | | | | | | |
| Step re | Step li | Step re | Pu li |  | Pu re |  | Pu li | Step li | Step re | Step li | Punch re |  | Punch li |  | Punch re | Step re | Step li | Step re | Pu li |  | Pu re |  | Pu li | | Step li | | Step re | | Step li | | Punch re | |  | | Punch li | |  | | Punch re |
| Grapevine – Pu li – re – li | | | | | | | | Grapevine – 3 Punch re – li – re | | | | | | | | Grapevine – Pu li – re – li | | | | | | | | | Grapevine – 3 Punch re – li – re | | | | | | | | | | | | | | |
| evtl „Lückenfüller“ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| KL sd re HT |  |  |  | KL sd re HT |  |  |  | KL sd re HT |  |  |  | KL sd re HT |  |  |  | KL sd li HT |  |  |  | KL sd li HT |  |  |  | | KL sd li HT | |  | |  | |  | | KL sd li HT | |  | |  | |  |
| KL sd re |  | KL sd re |  | KL sd re |  | KL sd re |  | KL sd re |  | KL sd re |  | KL sd re |  | KL sd re |  | KL sd re |  | KL sd re |  | KL sd re |  | KL sd re |  | | KL sd re | |  | | KL sd re | |  | | KL sd re | |  | | KL sd re | |  |
| KL sd li |  | KL sd li |  | KL sd li |  | KL sd li |  | KL sd li |  | KL sd li |  | KL sd li |  | KL sd li |  | KL sd li |  | KL sd li |  | KL sd li |  | KL sd li |  | | KL sd li | |  | | KL sd li | |  | | KL sd li | |  | | KL sd li | |  |
| KL sd re |  | RK re |  | KL sd re |  | RK re |  | KL sd re |  | RK re |  | KL sd re |  | RK re |  | KL sd re |  | RK re |  | KL sd re |  | RK re |  | | KL sd re | |  | | RK re | |  | | KL sd re | |  | | RK re | |  |
| KL sd li |  | RK li |  | KL sd li |  | RK li |  | KL sd li |  | RK li |  | KL sd li |  | RK li |  | KL sd li |  | RK li |  | KL sd li |  | RK li |  | | KL sd li | |  | | RK li | |  | | KL sd li | |  | | RK li | |  |
| KL sd re |  | RK re |  | KL sd re |  | RK re |  | KL sd re |  | RK re |  | KL sd re |  | RK re |  | KL sd li |  | RK li |  | KL sd li |  | RK li |  | | KL sd li | |  | | RK li | |  | | KL sd li | |  | | RK li | |  |
| KL sd re |  | RK re |  | KL sd re |  | RK re |  | KL sd re |  | RK re |  | KL sd re |  | RK re |  | KL sd li |  | RK li |  | KL sd li |  | RK li |  | | KL sd li | |  | | RK li | |  | | KL sd li | |  | | RK li | |  |
| KL sd re |  | RK re |  | KL sd re |  | RK re |  | KL sd li |  | RK li |  | KL sd li |  | RK li |  | KL sd re |  | RK re |  | KL sd re |  | RK re |  | | KL sd li | |  | | RK li | |  | | KL sd li | |  | | RK li | |  |
| KL sd re |  | RK re |  | KL sd re |  | RK re |  | KL sd li |  | RK li |  | KL sd li |  | RK li |  | KL sd re |  | RK re |  | KL sd re |  | RK re |  | | KL sd li | |  | | RK li | |  | | KL sd li | |  | | RK li | |  |
| KL sd re |  | RK re |  | KL sd li |  | RK li |  | KL sd re |  | RK re |  | KL sd li |  | RK li |  | KL sd re |  | RK re |  | KL sd li |  | RK li |  | | KL sd re | |  | | RK re | |  | | KL sd li | |  | | RK li | |  |
| evtl „Lückenfüller“ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Step re |  | Step li |  | Step re |  | Pu li |  |  |  | Pu re |  |  |  | Pu li |  | *„Arm hoch“* |  | KL sd re |  |  |  | RK re |  | | *„Arm hoch“* | |  | | KL sd li | |  | |  | |  | | RK li | |  |
| **HT:** Grapevine – Punch li – re – li | | | | | | | | | | | | | | | | **HT:** Kneelift – Roundhousekick re, Kneelift – Roundhousekick li | | | | | | | | | | | | | | | | | | | | | | | |
| Step re |  | Step li |  | Step re |  | Pu re |  |  |  | Pu li |  |  |  | Pu re |  | *„Arm hoch“* |  | KL sd li |  |  |  | RK li |  | | *„Arm hoch“* | |  | | KL sd re | |  | |  | |  | | RK re | |  |
| **HT:** Grapevine – Punch re – li – re | | | | | | | | | | | | | | | | **HT:** Kneelift – Roundhousekick li, Kneelift – Roundhousekick re | | | | | | | | | | | | | | | | | | | | | | | |
| Step re | Step li | Step re | Pu li |  | Pu re |  | Pu li |  | KL sd re |  | RK re |  | KL sd li |  | RK li | Step li | Step re | Step li | Pu re |  | Pu li |  | Pu re | |  | | KL sd li | |  | | RK li | |  | | KL sd re | |  | | RK re |
| Grapevine – Punch li – re – li | | | | | | | | Kneelift – Roundhousekick re, Kneelift – Roundhousekick li | | | | | | | | Grapevine – Punch re – li – re | | | | | | | | | Kneelift – Roundhousekick li, Kneelift – Roundhousekick re | | | | | | | | | | | | | | |
| Step re | Step li | Step re | Pu li |  | Pu re |  | Pu li |  | KL sd re |  | RK re |  | KL sd li |  | RK li | Step li | Step re | Step li | Pu re |  | Pu li |  | Pu re | |  | | KL sd li | |  | | RK li | |  | | KL sd re | |  | | RK re |
| Grapevine – Punch li – re – li | | | | | | | | Kneelift – Roundhousekick re, Kneelift – Roundhousekick li | | | | | | | | Grapevine – Punch re – li – re | | | | | | | | | Kneelift – Roundhousekick li, Kneelift – Roundhousekick re | | | | | | | | | | | | | | |
| Step re | Step li | Step re | Pu li |  | Pu re |  | Pu li |  | KL sd re |  | RK re |  | KL sd li |  | RK li | Step li | Step re | Step li | Pu re |  | Pu li |  | Pu re |  | | KL sd li | |  | | RK li | |  | | KL sd re | |  | | RK re | |
| Grapevine – Punch li – re – li | | | | | | | | Kneelift – Roundhousekick re, Kneelift – Roundhousekick li | | | | | | | | Grapevine – Punch re – li – re | | | | | | | | Kneelift – Roundhousekick li, Kneelift – Roundhousekick re | | | | | | | | | | | | | | | |