



AM STEPPERS ACADEMY · FREE BEGINNER ROADMAP

Your First Steps Into Chicago Steppin'

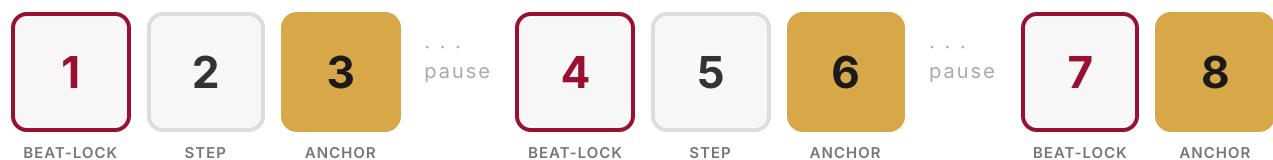
The exact order to learn your first moves, plus the one thing most beginners get wrong about the count — straight from Victor James Sr.

Welcome. Before you learn a single move, there's one idea that makes everything else click: **Chicago Steppin' is not counted the way most partner dances are.** Get this right first, and every move on the next page will make a lot more sense.

BEFORE YOU START

Understand the Count First

Steppin' is counted on **2 and 4** — the backbeat, the same pulse smooth jazz and R&B are built on. That's where the "smooth" comes from. An 8-count phrase isn't eight evenly spaced steps either — it moves in three groups, with two short pauses built in: **1,2,3 — pause — 4,5,6 — pause — 7,8.**



■ Anchor — weight fully settles, right before the pause

□ Beat-lock — lands exactly on the 2-and-4 backbeat

Every number above is a real step — counts 1, 4, and 7 lock to the music's backbeat, while the true anchor steps are 3, 6, and 8, where your weight fully settles right before each pause. Both matter, and they're not the same thing. Get comfortable with this rhythm before you worry about getting any move "right" — the count is what makes it look like Steppin' instead of just steps.

Exactly What to Learn Next

This is the real sequence from the free beginner curriculum — not a random pile of clips. Work straight down either list, top to bottom, with one 8-count move at a time.

FOLLOW TRACK

- 1 Beat and Count
- 2 The Importance of Follow and Fundamentals Drill
- 3 First Five Steppin' Moves — Walk Through
- 4 Moving Basic
- 5 Basic Walk Out On "8"
- 6 Lane At "1"
- 7 Lane At "8"
- 8 Putting It All Together: Moving Basic Thru Lane At "8"
- 9 Half Left Turn
- 10 Half Right Turn
- 11 Left Turn
- 12 Right Turn (Extended Right)
- 13 Putting It All Together: Half Left Turn Thru Right Turn
- 14 Right At "8" Turn
- 15 Walk Up, Walk Back

LEAD TRACK

- 1 Lead Series Introduction
- 2 Lead Footwork, Vol. 1
- 3 Lead Footwork, Vol. 2
- 4 Left Foot, Right Foot, Four-Step Lead and Ladder Drill
- 5 The Ladder Drill, Set to Music
- 6 Positioning
- 7 Positioning II, Opening the Lane Too Wide
- 8 Walk Thru Basic in Place Thru Lane At "8"
- 9 Walk Thru Half Left and Half Right Turns
- 10 Initial Address (How to Start the Dance)
- 11 Managing Spacing As You Lead
- 12 Lane At "1," Lane At "8," Half-Left and Half-Right
- 13 Walk Thru Left Turn and Right Turn
- 14 Lane At "1" Thru Right Turn
- 15 Right At "8"
- 16 Walk Up, Walk Back

All of this is free, right now.

Every move above is live on the site today, free to watch — in order, with a beat-count overlay so you can see exactly where each step lands. When you're ready to keep going, **Founders 100 (\$9/mo, locked-in rate)** unlocks every turn and finish from "Double Left" onward.

AMSTEPPERSACADEMY.COM