

Plans But No Scripts: Planning, Discourse, and Interpretation in the Step Aerobics Workout*

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Description		Repetitions	Music Count
small knee bend			
pelvic tilt			
alternating heel lift	no arms		12
	shoulder shrugs	8	16
	forward arm press alternating	8	16
	overhead press alternating	10	20
	reducing arms forward press	4	8
	reducing arms overhead press	4	8
	double arms forward	4	8
	double arms overhead	4	8
single sidestep	no arms	8	16
	downward row	8	16
double sidestep	downward row	4	16
	tap change direction		
	two back lunges	6	48
calf stretch		1	16
inner thigh stretch		1	32
centre weight between legs			
back stretch		4	32
march			16
single sidestep	no arms	8	16
	downward row	8	16
double sidestep	downward row	4	16
	tap change direction		
	two back lunges	4	32
calf stretch		1	16
inner thigh stretch		1	16
centre weight between legs			
back stretch		4	32
march			16

<i>Move Type</i>	<i>University</i>		<i>Reebok</i>		<i>Corpus</i>	
	Count	Percentage	Count	Percentage	Count	Percentage
Directives	204	35.4%	173	57.7%	377	43%
Narrative	273	47.3%	57	19%	330	37.6%
Teaching Points	62	10.7%	29	9.7%	91	10.4%
Comments	21	3.6%	24	8%	45	5.1%
Markers	8	1.4%	16	5.3%	24	2.8%
Unintelligible	9	1.6%	1	0.3%	9	1.1%
Totals	577	100%	300	100%	877	100%

<i>Move Type</i>	<i>University</i>			<i>Reebok</i>		
	Count	% of Type	% of Class	Count	% of Type	% of Class
Count Directives	50	25%	12.95%	35	20.3%	11.66%
Other Directives	153	75%	26.5%	138	79.7%	46%
Count Narrative	58	21.2%	10.05%	51	89.5%	17%
Other Narrative	215	78.8%	37.26%	6	10.5%	2%
TP: Instructing	34	54.8%	5.89%	13	44.8%	4.33%
TP: Constraining	28	45.2%	4.85%	16	55.2	5.33%