HIP HOP WORKOUT



Part 1 (2x 32)

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| Number | Counts  | Choreography (start at ready stance) |  |
| 1 | 1-45-8 | Walk forward – rightTap right, right knee up, jump and clap |  |
| 2 | 1-45-8 | Walk backward – leftTap left, left knee up, jump and clap |  |
| 3 | 1-45-8 | Grapevine rightGrapevine left  |  |
| 4 | 1-45-8 | Triple step (1-2-3-knee up)Triple step back |  |
| 5 | 1-45-8 | Turn right shoulder forward, dip step, triple step followed by ½ turnLeft shoulder forward – dip step, triple step |  |
| 6 | 1-45-8 | Step right back, high knee step left back (opposite high arm swing)Repeat 1-4 |  |
| 7 | 1-45-8 | Cross jump right forward, jump open, shoulders up-down (1,2,3) Repeat 1-4 |  |
| 8 | 1-45-8 | Step on right, left tap behind pulling something out of the air with your arms, Step tap leftRepeat 1-4 |  |
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