HIP HOP WORKOUT



Part 2 (2x 32)

Block 3

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| Number | Counts  | Choreography (start at ready stance) |  |
| 1 | 1-23-45-8 | Creep step – cross right in front stepping forward, bending lowCreep step leftPump step back 4x (pump move arms) |  |
| 2 | 1-45-8 | Slide right, slide left (accentuate hip move)Repeat 1-4 |  |
| 3 | 1-45-8 | Tap right forward, tap right side, tap left back, centreRepeat 1-4 with left (jumping style!) |  |
| 4 | 1-23-45-8 | Side squat rightPump arms and jump on the spotRepeat 1-4 with left |  |
| 5 | 1-45-8 | V-step starting right, 2x punching in the air with right arm followed by 2 clapsRepeat 1-4 |  |
| 6 | 1-45-8 | Heel-Toe-Heel-Jump with clap rightRepeat 1-4 with left |  |
| 7 | 1-45-8 | Step tap hip hop style (pump it!), right – leftRepeat 1-4 |  |
| 8 | 1-45-8 | Push out boody (feet stay grounded)Lift right leg in the air and twist/turn your bum |  |
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Block 4