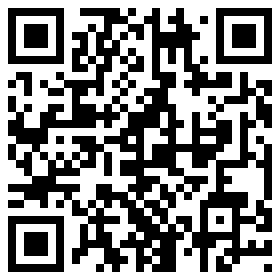
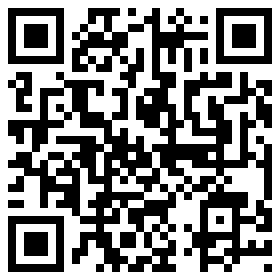
HIP HOP WORKOUT



Part 2 (2x 32)

Block 3

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



Block 4