

HIP HOP 1 AND HIP HOP 2

PLEASE BEGIN WITH WARM UP AND STRETCH (ALL CLASSES) WORKSHEET

Isolations 8 counts each

- Head left and right
- Head up and down
- Head tilt left and right
- Right shoulder
- Left shoulder
- Alternate shoulders
- Hips slow
- Hips fast
- Arm circles
- Wash machines

Across Floor

- Lunges with hands behind back
- Kicks to the front (left and right)
- Kicks to the side (left and right)
- Kicks to the back (left and right)

Floor Tricks

- Bounce and jump with legs out
- Walk in circle on hand with other hand behind head
- One hand on floor, jump with legs out straight and flexed feet (out on 3 and in on 8)

