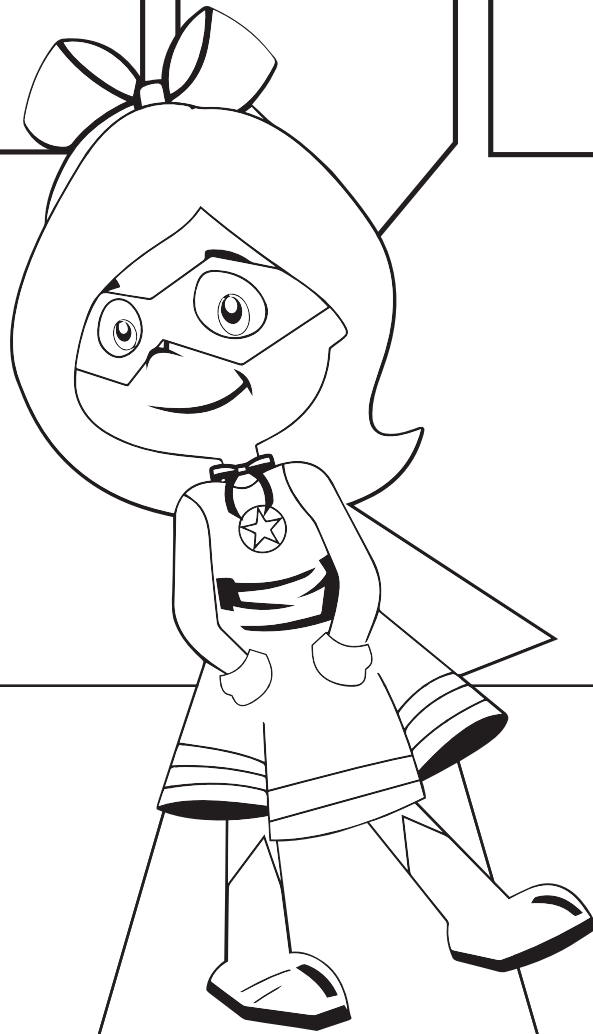


HIP HOP LESSON 4

GROOVE OF THE WEEK: JACKING



KEY THINGS TO REMEMBER

- 1 **Upper body moves forward**
- 2 **Start the movement with your hips**
- 3 **Use your torso in different directions to get your groove**