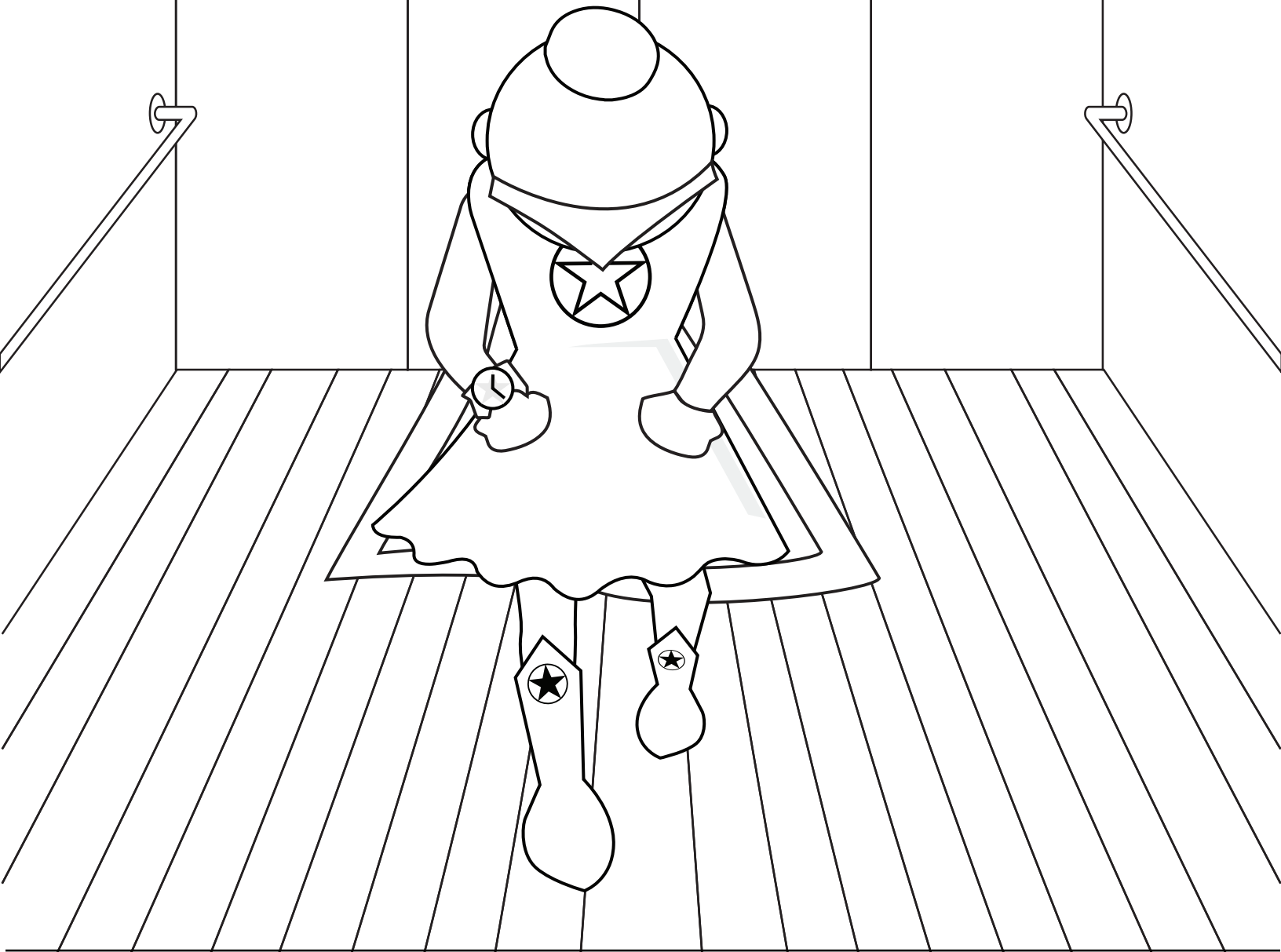


HIP HOP LESSON 8

GROOVE OF THE WEEK: SNAKING



KEY THINGS TO REMEMBER

- 1 **Curve your spine**
- 2 **Shoulder dips down**
- 3 **Act like you are going under a bar**