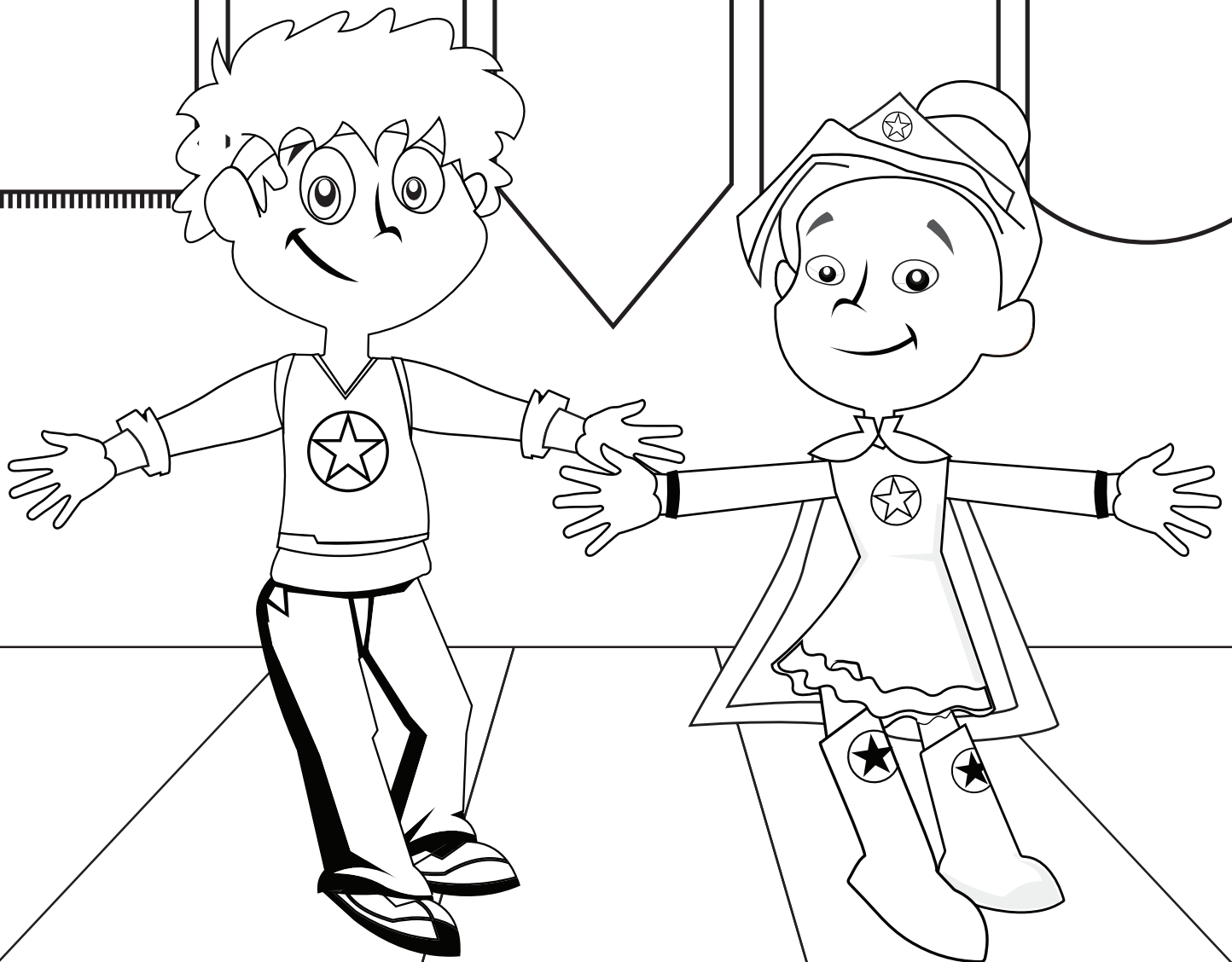


HIP HOP BONUS LESSON 2

GROOVE OF THE WEEK: TOP ROCK POSE



KEY THINGS TO REMEMBER

- 1 **Weight is on back foot**
- 2 **Plié or bend into the ground**