Hip Hop (Pre K – 2nd Grade) Chart

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| Shoulder isolations |  |  |  |  |  |  |  |  |  |
| chest pops/isolations |  |  |  |  |  |  |  |  |  |
| hip pops/shakes |  |  |  |  |  |  |  |  |  |
| hip hop bouncing |  |  |  |  |  |  |  |  |  |
| grapevine into bouncing |  |  |  |  |  |  |  |  |  |
| grapevine bouncing adding turn |  |  |  |  |  |  |  |  |  |
| donkey kicks (1 leg then 2 legs) |  |  |  |  |  |  |  |  |  |
| step clap square |  |  |  |  |  |  |  |  |  |
| jazz square (hip hop bounce) |  |  |  |  |  |  |  |  |  |
| jazz square (add slide) |  |  |  |  |  |  |  |  |  |
| opposite arm leg kicks (front and side) |  |  |  |  |  |  |  |  |  |
| ponies (add arms crossing) |  |  |  |  |  |  |  |  |  |
| double and single side bounces |  |  |  |  |  |  |  |  |  |
| running man |  |  |  |  |  |  |  |  |  |
| leg crosses in and out |  |  |  |  |  |  |  |  |  |
| hop out hop in clap clap |  |  |  |  |  |  |  |  |  |
| jump up land down and bounce |  |  |  |  |  |  |  |  |  |
| coffee grinders |  |  |  |  |  |  |  |  |  |
| forward roll? |  |  |  |  |  |  |  |  |  |
| air punches |  |  |  |  |  |  |  |  |  |
| body rolls |  |  |  |  |  |  |  |  |  |
| arm waves |  |  |  |  |  |  |  |  |  |
| floor slides |  |  |  |  |  |  |  |  |  |
| cabbage patch |  |  |  |  |  |  |  |  |  |
| rodger rabbit |  |  |  |  |  |  |  |  |  |
| the robot |  |  |  |  |  |  |  |  |  |
| seat spin |  |  |  |  |  |  |  |  |  |