Breakdance Footwork: ON VIDEO (other link)

Movements in 3’s

1. house

2. c-rond

3. toe turns

Movements in 4’s

1. top rock

2. weight transfer r to l foot

3. indian step

Practice moves 10 times each.

Put moves in a new order and add how long to create a dance. Do each move once and repeat 2 moves. Do not put them in the same order and remember, some are counted by 3’s and some by 4’s so your time should be divisible by each depending on the move.

Example:

Move= house time= 9 counts (because it is counted in 3’s)

Move Time

1.

2.

3.

4.

5.

6.

7.

8.

\*Show Mrs. Tuckett your dance when you get back.

Journal these terms:

Time concepts

3. Swing: C-rond, top rock, indian step (think of kicking a soccer ball or swinging on an actual swing)

4. Shake- rl weight transfer step, house (movement that goes back and forth)