

Dance Stars

Hip Hop - Level 4	<i>Star Reward</i>
WARM UP	
Cardio	
Stretch & Strengthening	
Isolations	
Grooves	
COMBINATIONS	
Arm Combo	
Coordination A Money in the Bank	
Coordination B 24K	
Directions Turns	
Directions Travelling	
Floor Work	
Footwork	
Partner Work	
DANCE	