

# Dance Stars

Hip Hop - Level 6	<i>Star Reward</i>
<b>WARM UP</b>	
Cardio	
Stretch & Strengthening	
Isolations	
Grooves	
<b>COMBINATIONS</b>	
Arm Combo	
Coordination New School	
Coordination Old School	
Coordination Lyrical	
Directions Turns	
Group work	
<b>DANCE</b>	