

Jazz & Hip Hop

Jazz	General Notes	(00:00:01 – 00:02:27)	
	Steps Description	(00:02:28 – 00:15:03)	
	Arm Exercise with Walks		(00:02:27 - 00:03:14)
	Kick in Attitude		(00:03:15 - 00:04:11)
	Step Clap		(00:04:12 - 00:05:06)
	Kick Ball Change		(00:05:07 - 00:06:14)
	Gallops		(00:06:15 - 00:07:00)
	Jump Combination		(00:07:01 - 00:07:49)
	Body Scoop & Rib Cage Exercise		(00:07:50 - 00:08:42)
	Kick Combination		(00:08:43 - 00:09:14)
	Kick Ball Change Turn		(00:09:15 - 00:10:04)
	Step Combination & Body Ripple		(00:10:05 - 00:11:07)
	Jazz Side Stretch		(00:11:08 - 00:11:36)
	Floor Routine		(00:11:37 - 00:12:45)
	Hip Exercise		(00:12:46 - 00:13:41)
Hip Hop	General Notes	(00:00:01 – 00:00:39)	
	Hip Hop 1	(00:00:42 – 00:03:37)	
	Demonstration		(00:00:41 - 00:01:27)
	Slow Motion Demonstration		(00:01:28 - 00:02:23)
	Arm Movement		(00:02:24 - 00:03:00)
	Leg Movement		(00:03:01 - 00:03:37)
	Hip Hop 2	(00:03:40 – 00:07:27)	
	Demonstration		(00:03:39 - 00:04:47)
	Slow Motion Demonstration		(00:04:47 - 00:06:05)
	Arm Movement		(00:06:06 - 00:06:47)
	Leg Movement		(00:06:48 - 00:07:26)
	Hip Hop 3	(00:07:29 – 00:10:53)	
	Demonstration		(00:07:28 - 00:08:33)
	Slow Motion Demonstration		(00:08:33 - 00:09:41)
	Arm Movement		(00:09:42 - 00:10:16)
	Leg Movement		(00:10:17 - 00:10:53)