

FREEZES

- STANCE
- KNEE FREEZE
- BABY FREEZE
- CHAIR FREEZE
- AIR BABY FREEZE
- PLANK FREEZE
- L.A STYLE TO BABY FREEZE
- TRACKS
- SHOULDER FREEZE
- HEADSTAND
- HANDSTAND
- ...

FOOTWORKS

- KICK OUT
- CC'S (CRISS CROSS)
- AROUND THE WORLD
- 6 STEPS
- 3 STEPS
- BACK SCHUFFLE
- 4 STEPS
- 2 STEPS / BABY SWEEP
- SIDE SCHUFFLE
- BUFFALO
- PRETZEL
- KNEE SWEEP
- BABY LOVE / SCRAMBLE
- THREAD
- HOOK
- ...

BREAKIN

Elements | Bases

POWER MOVES

- ORIGINAL BACKSPIN
- WINDMILL
- SWIPE
- BARREL WINDMILL
- FLARE
- 1990'
- 2000'
- HEADSPIN
- AIR FLARE
- HALO
- TURTLE
- ...

BACKROCKS

TOP ROCKS

- 2 STEPS
- INDIAN STEP
- CROSSOVER INDIAN STEP
- SALSA STEP
- ...

GO DOWNS | DROPS

- KNEE DROP
- FRONT SWEEP
- SPIN DOWN
- BACK SWEEP
- TOP SWEEP
- DOLFIN DIVE
- TRIPOD
- ...