

Breakdancing for beginners

Not only is breakdancing a great way to improve muscular strength, it provides a high cardio workout, and is a great way to impress your colleagues at the Christmas party! Yami Smith, a breakdance teacher from Sweden, shows that the boys don't have to have all the fun with this simple but stunning routine.

Pic	Move	Counts	Notes
1	Preparation	1	Start with both arms forward across your body. Bend your knees slightly, and do a small jump.
2	The Indian	2	Step forward with your right foot, open up your arms as your foot lands.
1	Preparation	3	Repeat step one. Bend your knees slightly and do a small jump, the arms across the body again.
2	The Indian	4	Repeat step two, this time step forward with your left foot. Land on count four.
3	Preparation	5	Do a very short kick with your left foot, then immediately drop down into a crouching position before landing. Prepare to sweep your right leg.
4	The Sweep	6, 7	Drop down on 6, landing with your weight on both hands. Sweep your left leg on count 7. This move will take you into the 'Six Step'.
5	Six Step - part 1	8	While still leaning on your hands, step backwards with your left foot.
6	Six Step - part 2	9	Open up with your right foot, crouching forward.
7	Six Step - part 3	10	Step across your right foot with your left.
8	Six Step - part 4	11	Now step backwards with your right foot, in a more upright position.
9	Six Step - part 5	12	Now step out with your left foot, so both legs are open.
10	Six Step - part 6	13	Sweep the right leg under the left knee, and then step back onto your left foot.
11	Preparation	14	Kick your right leg out straight. This position will take you into 'The Roll'.
12	The Siderock	15,16,17	On count 15, lean over to the right hand side and transfer your weight onto both hands, bend your left leg and lift it. With your right leg supporting you, roll your left leg upwards, then land on count 16. On 17, swap legs so that your left leg is now straight, and your right leg bent.
13	The Siderock	17	With both hands still supporting your weight, prepare to repeat the siderock on your left side.
14	The Siderock	18,19,20	Repeat the Siderock, this time leaning on your left side.
15	Freeze	21	Lean back onto your right side, sweeping your right leg under your left knee to conclude the routine.



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