

Try It Out

Follow the instructions to complete the activity.

NAME

DATE

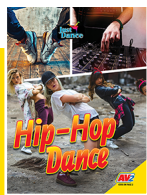
Using the information in *Hip-Hop Dance*, put the steps showing how to do the cradle in the correct order. Write the correct number in the box beside each step. Check your answers with pages 22–23 of the book.

Start by sitting with your feet tucked under your bottom. Your knees should be spread apart.

Now lift yourself up onto your hands. Turn your head to the side. Now freeze!

Keep your elbows firmly against your stomach. Lean forward. Open your arms and place your hands on the floor.

Press your arms together. They should touch from the wrist to the elbow.



Just Dance

Hip-Hop Dance

Reference: Pages 22–23

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