

Anatomy: Front Work

Strife.

MOVIES & PREVIEW



Strife.

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Anatomy: FootWork



Anatomy: Power Moves

- **Power Moves** - moves that rely heavily on ones strength, technique, momentum of the move and agility.
- Alone these moves resemble more of **gymnastics** than a **dance**.
- Some popular **bboys** and **bgirls** specialize in these and therefore sometimes are considered more of an **athletes** than an **artists**.
- Power Moves are categorized:
 - **Spins**
 - **Hand Stand moves**
 - **Floats**
 - **Swipes**
 - **Windmills**
 - **Flares**