

# 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**

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