

# Anatomy: FootWork

- **FootWork** - aka **FloorWork** refers to rapid movement close to the floor, involving rapid feet movement, touching floor with hands.
- It is usually combination of **foot steps** in circular motion using hands for support.
- For variety and **style** the levels, direction, **spins**, glides and other elements are incorporated.
- **FloorRocking** - part of **FootWork** that usually involves moves fully on floor, usually back down and “**rocking**” with your feet.

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