

Anatomy: TopRock

TopRock

first

foremost

bboying

toprock

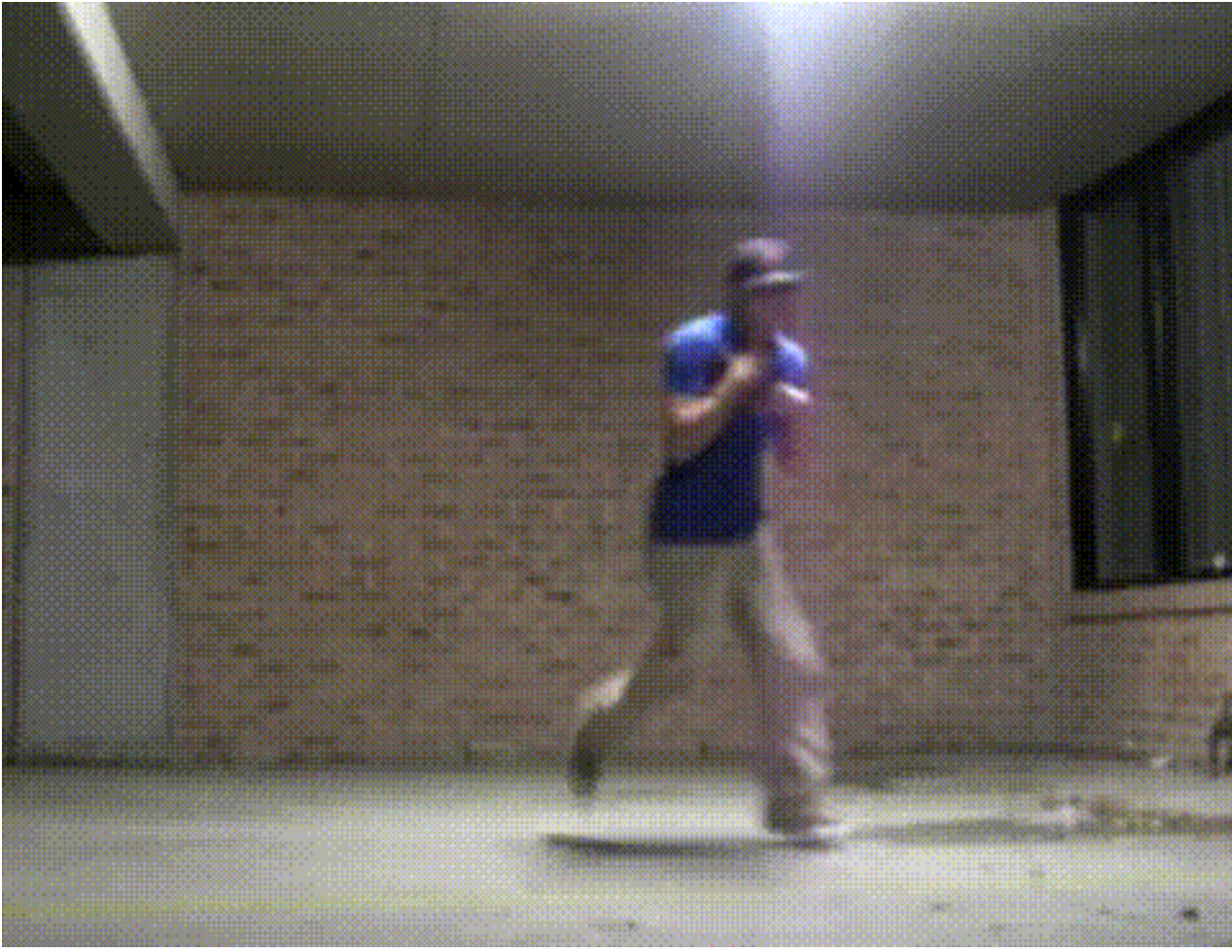
UpRock

TopRock

Burns

UpRock

movement





Anatomy: TopRock

- **TopRock** - any routine of steps performed from a standing position.
- It is usually the **first** and **foremost** opening display of style, though dancers often transition from other aspects of **bboying** to **toprock** and back
- **UpRock** - part of **TopRock** that looks similar to real battle moves, with punches, stomps, imitation of guns and etc.
- **Burns** are part of the **UpRock** and usually refer to **movement** that tries to undermine the opponent.



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.