

# Anatomy: Freeze!

- **Freeze(-s)** - like a stop motion move. Originally it was a closing “shot” of your routine.
- Now **freezes** are largely incorporated into routines. The whole routine might **consist of freezes**.
- Basically any move **frozen “in the moment”** and being hold long enough can be called freeze.
- Most popular ones involve different kinds of **hand/head/shoulder-stands**.
- P.s. freezes are great for **photos**



# Anatomy: What Else?

- **Of course there is more!** As any other form of art or sports, breakdance is no different - it evolved!
- Besides 4 main elements of the dance you can find now others, such as:
  - **Acrobatics/Gymnastics**
  - **Kapoera** and other martial arts
  - Concepts and adaptations from **other dances**

