Percussive Slap

- Using parts of your body to make a noise.
- For example clapping.

Isolation

- One body part moving at a time. The rest of your body is still.
- For example raising one shoulder.

Footwork

- Using your feet in an interesting way to be a part of a movement or a movement by themselves.
- For example step-forwardchange.

Groove

 Generally your legs are wide (in 2nd position) and bent, you start by moving the head from side to side (but still facing the front) this then gets bigger and moves down into the upper torso.

Jab

- Similar to an isolation.
 Moving a body part sharply.
- For example moving your elbow sharply across your body.
- Making a fist and punching into the air.

Snake

- Using your body to make a 'snake' like movement.
- For example a snake movement with your hand going across your body.

Stomp

- Using your foot/feet to make a powerful moevement 'into' the floor.
- For example a jump that lands on two feet.