

# Movement Checklists



## Powwow Movement Checklist

- Track your progress as you dance through the powwow videos.
- Give yourself a checkmark for each new movement you learn.
- Learn all 20, and see how many you can do by yourself!

Movement	I can do it with the video	I can do it with others	I can do it by myself
1. The Basic Step			
2. The Basic Step with the Bounce			
3. The Basic Step Travelling			
4. The Four Corners			
5. Side Taps			
6. Side Taps with the Bounce			
7. Kicks			
8. Heel Toe Hooks			
9. Heel Toes Back			
10. Heel Toe Pattern			
11. Shuffles			
12. Criss-Cross			
13. Back Step			
14. Cross-Over			
15. Fast Cross-Over			
16. Turns			
17. Turns Moving Forward and Back			
18. Spin and Turn			
19. Spin			
20. Crowhop			



## Hip-hop Movement Checklist

- Track your progress as you dance through the hip-hop videos.
- Give yourself a checkmark for each new movement you learn.
- Learn all 20, and see how many you can do by yourself!

Movement	I can do it with the video	I can do it with others	I can do it by myself
1. The Basic Bounce			
2. The Bounce Adding the Step			
3. Two-Step			
4. The Bounce with Shoulders			
5. The Bounce with Hands			
6. The Rock			
7. The Rock with Feet			
8. Styling the Rock			
9. The Rock Adding the Bounce			
10. The Prep			
11. The Biz Markee			
12. The Bart Simpson			
13. The Gucci			
14. The Rambo			
15. The Humpty Dance			
16. Free Style			