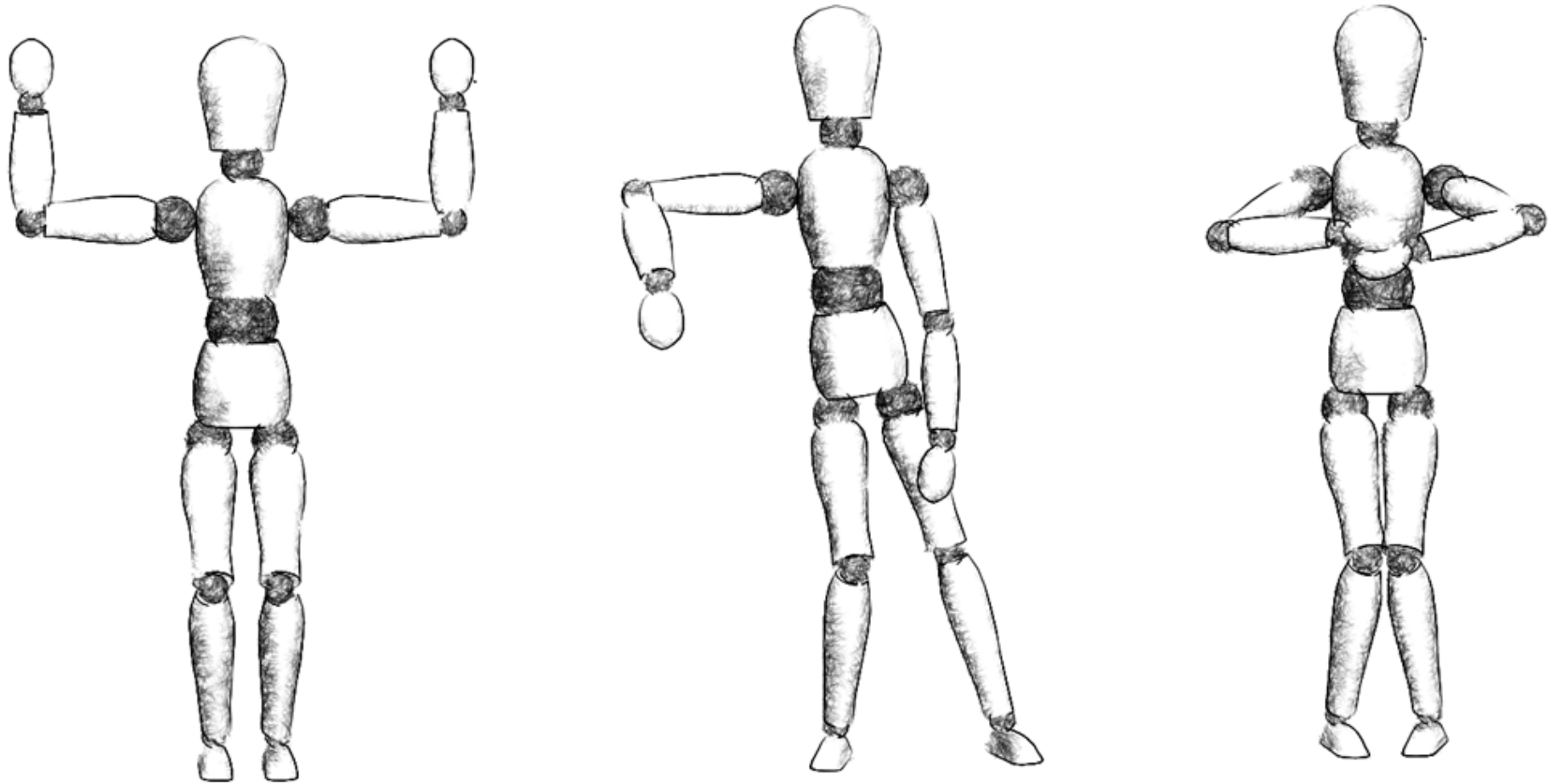


Pop and Lock



This is a largely improvisational dance by its nature, so you have freedom with it. However, some basics are as follows:

Flex the muscles in your arms, legs, or torso (sometimes simultaneously in all) and grind your shoulders, then pause in place for a specific amount of time, thereby “locking” it. For example, you may opt to bend your arms at your elbows, holding your hands in the air. Lock it. Count to three or other designated time to the music, then pop into another position, locking it again.