

1 Jump on your right leg and reach your left arm straight up. Contract your left leg in and pull in your left arm to your chest, making a fist.

Costume by
Leo's Dancewear



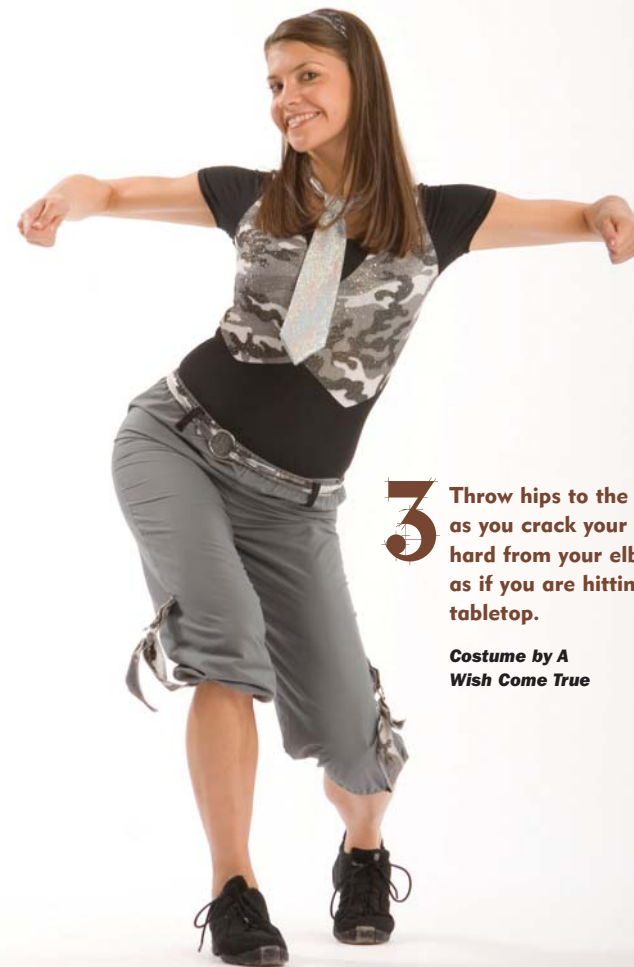
2 Step back on your left leg, both knees bent. Bring your arms to a 90-degree muscle-man pose.

Costume by
Art Stone/
The Competitor



3 Throw hips to the right as you crack your arms hard from your elbows as if you are hitting a tabletop.

Costume by A
Wish Come True



4 Jump back onto your right leg. Bring your hands up, palms open, left higher than the right.

Costume by
Frontline
Dancewear



hip hop

Choreographed by Jennifer Weber

5 Step out to the left and point your right arm to the right with lots of attitude.

Costume by
Cicci



Courtney Rottenberger

AGE: 22
HOMETOWN: Bethpage, NY
YEARS DANCING: 20
STYLE: Hip hop
CURRENT GIG: Dancer for the
New York Jets
FAVORITE COSTUME: "A turquoise
mesh unitard that was stunning."

6 Step onto left leg and swivel right leg in front of you. Bounce down twice.

Top by Bal Togs
and pants by UFO
Contemporary



7 Jump up with legs in a parallel wide second. Land on your right foot while your arms circle back. Left foot is in passé with left hand on left knee; right arm is out to the side.

Costume by
Weissman's
Costumes



8 Jump into a parallel second with your left hand on your popped left hip.

Costume by Triple
Threat Dancewear

