

**St. THOMAS SCHOOL KIDWAI NAGAR KANPUR**  
**WESTERN DANCE**  
**YEARLY SYLLABUS 2024-25**

Break Dance Beginner

Sr.No.		Sr.No.	
1.	Chair Steps	18.	Hand to Hand Stand Steps
2.	Shoulder Freeze Steps	19.	Hand to Hand to Jordan Steps
3.	Frog freeze Steps	20.	Neck Spring Steps
4.	Saiber Steps	21.	Neck Spring half Twist Steps
5.	Head Stand Steps	22.	Hand hop Steps
6.	Jordan Steps		
7.	Sweep Steps		
8.	Stomach Steps		
9.	Out swing slide Steps		
10.	Zulu Sfin Steps		
11.	Back Spin Steps		
12.	Cart wheel Steps		
13.	Dolphin Steps		
14.	Ground Drop Steps		
15.	Shift Steps		
16.	Double Shift Steps		
17.	Donkey Steps		

## Learn 5 Easy Stunts

Sr.No.		<u>B Boing Dance Basic</u> <u>BBoy freeze Step</u>	
1.	Aerial Steps	1.	Baby Freeze Steps
2.	Cartwheel Steps	2.	Chair Freeze Steps
3.	Stick N Roll Steps	3.	Air chair freeze Steps
4.	Wop Steps	4.	Shoulder Freeze Steps
5.	Rec Bok Steps	5.	Elbow Freeze Steps
<b><u>Hip Hop Dance</u></b>		<b>6.</b>	Head Freeze Steps
1.	Reebok Steps	7.	Hong 10 Freeze Steps
2.	Lockit Down Steps	8.	One Hand Freeze Steps
3.	The Wop Steps	9.	Nike freeze Steps
4.	Super man Steps	10.	Flag Freeze Steps
5.	Sticks Roll Steps	11.	Y Freeze Steps
6.	Lock it down variation Steps	12.	Air baby freeze Steps
7.	Running man Steps		
8.	Kick ball change Steps		
9.	Bart simp son Steps		
10.	ALF Steps		
11.	Biz Markie Steps		
12.	Box steps		
13.	Reject Steps		
14.	Charleston Steps		
15.	Creep Steps		
16.	Jack & wave Steps		
17.	Cat Da DDY Steps		
18.	Party Dance Steps		
19.	Brookl YN Steps		
20.	Flain Ston Steps		

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