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Street Dance Goals - The Next Level (Super Power Practice) (Volume 2)



Synopsis

To make the fastest progress possible, you need a clear understanding of your exact street dance goals and how to achieve them. "Street Dance Goals - The Next Level" teaches you, step by step, how to select the right street dance goals for you and reach them in record time! Whether you want to tighten up your footwork and get props at a local jam, or master your airtrack to flare combo and win an international battle, this book will help you conquer every challenge in your path! With a foreword by Street Dance Pioneer and Strength Trainer BBoy Prizm of the legendary Ground Zero Crew, this book gives you everything you need to take your street dancing to the next level! Barry "GRIZ" Rabkin is the founder of CypherStyles.com, the world's largest street dance source! GRIZ's lessons make it easy for beginners of all ages to quickly master advanced concepts and help experienced dancers perfect their own unique styles. GRIZ has spent over a decade professionally performing and teaching street dance, sharing the most effective practice and training theories. His research led him to a degree in Psychology and certification as both a National Council on Strength and Fitness Personal Trainer and a Sports Nutritionist. GRIZ has had the opportunity to learn secrets from hundreds of world class dancers and the "Super Power Practice" book series passes all that focused knowledge on to you. Take your street dancing to the next level! Join the tens of thousands of people all over the world who have already learned street dancing from CypherStyles.com!

Book Information

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