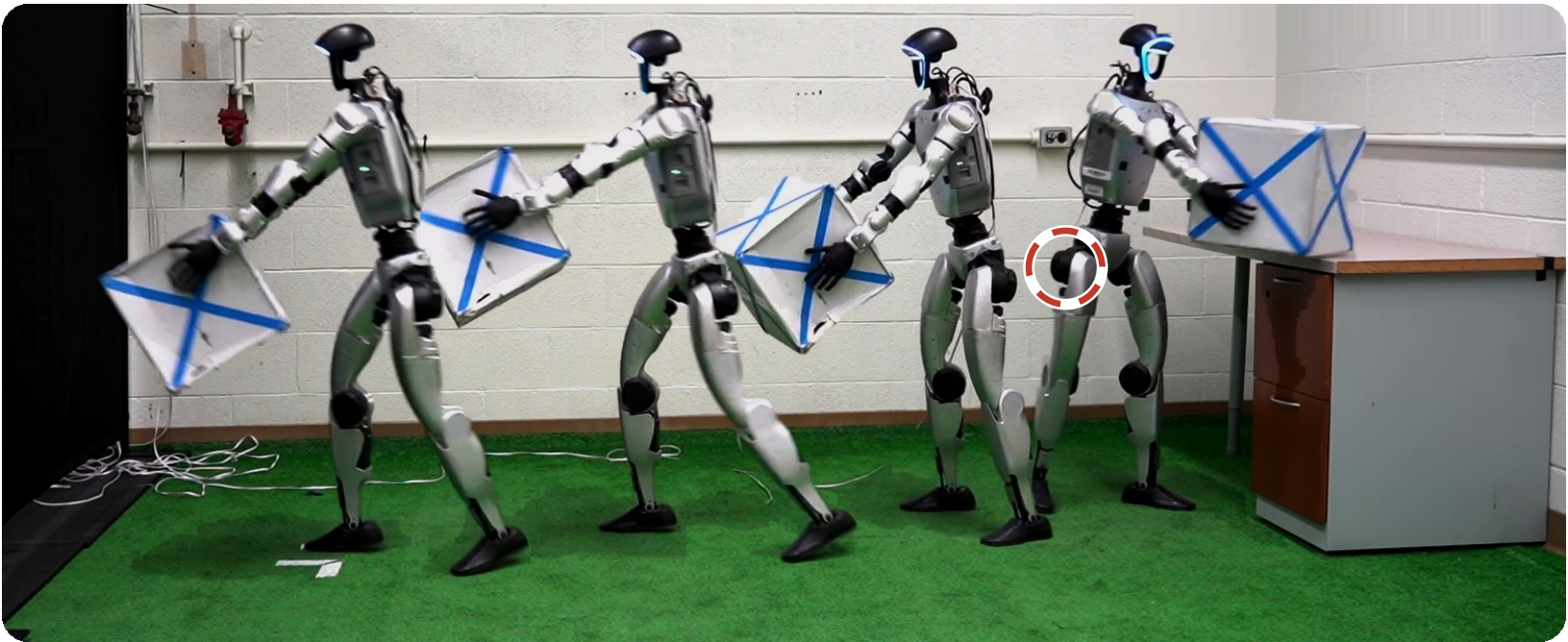
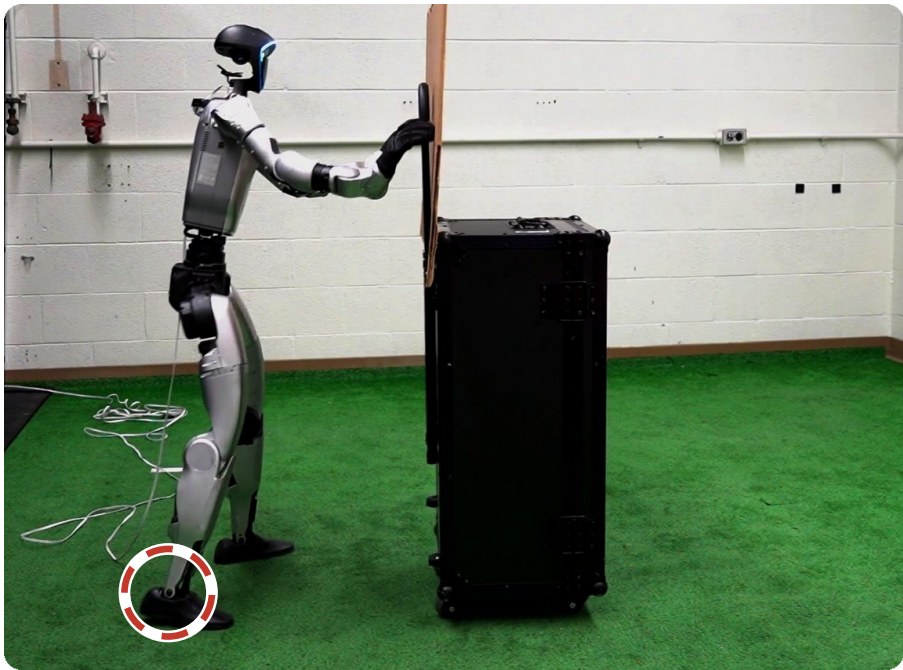
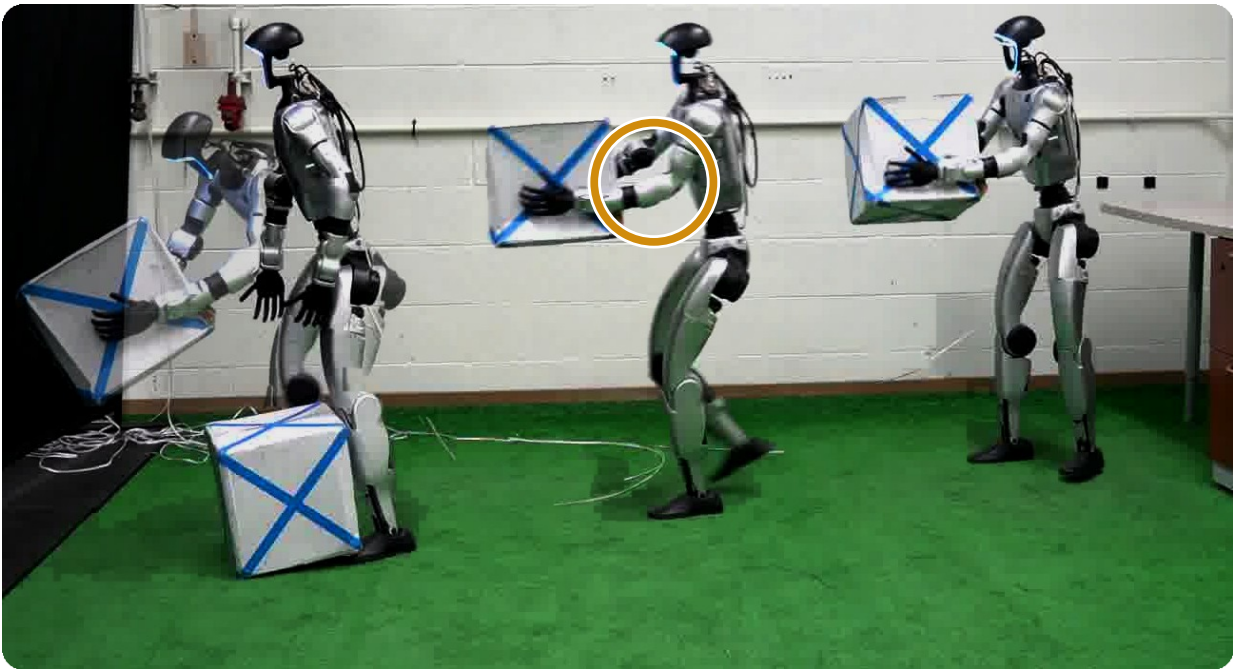




CARRY BOX
right hip roll, zero stiffness



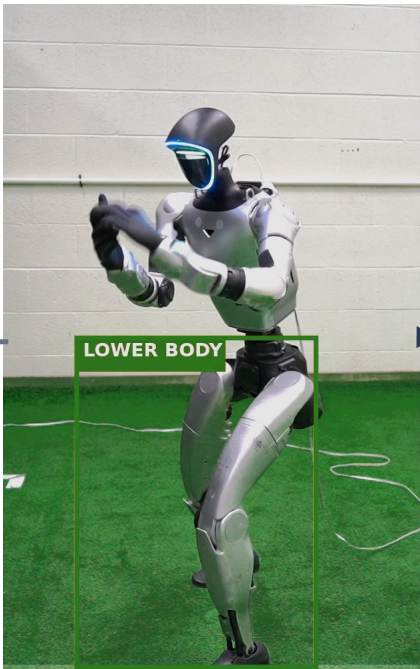
PUSH BOX
right ankle roll, zero stiffness



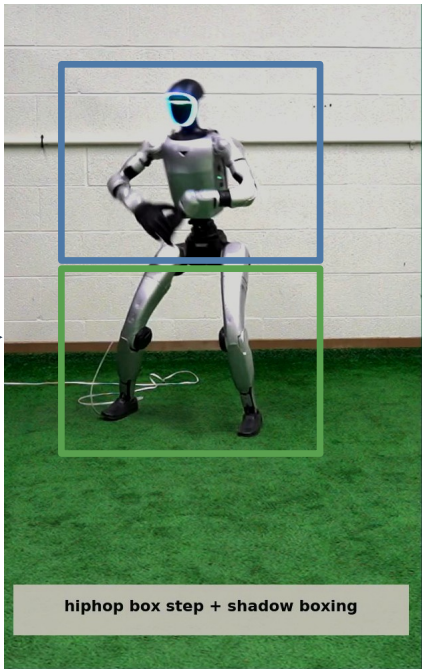
CARRY BOX
left elbow, locked



UPPER DONOR
hiphop box step



LOWER DONOR
shadow boxing



STITCHED
hiphop + boxing