



# FOUNDATION MASTERY

1

2

3

4

## RHYTHM

## DIMENSION

## LOCOMOTION

## SIGNATURE

### KMS LEVEL1

PLANK  
AFRAME  
SQUAT  
TABLE TOP

### MUSICALITY / RHYTHM

TR INDIAN STEP  
TR CROSS STEP  
TR SALSA ROCK

### DROPS

Break squat  
Knee drop  
Front hook  
ALL TOGETHER

### FRONT FOOTWORK

FW Kick Outs  
FW Russian Switches  
FW Hooks  
FW CCs  
ALL TOGETHER

### BACK FOOTWORK

FW Mountain Climbers  
FW Back Shuffies  
FW Step Tucks  
FW Commando Step  
ALL TOGETHER

### CIRCULAR FW

Front Sweep  
Back Sweep  
2 Step  
3 Step  
6 Step  
ALL TOGETHER

### FREEZE | leg formations

Baby head freeze  
Chair shoulder

### Basic COMBO 1

### Basic COMBO 2

### Basic COMBO 3

### POWER

Ultimate coil sequence  
Knee spin  
Backspin (qty 3)

### KMS LEVEL2. \*\*\*FILM

-PLANK | box switches  
box with eccentric  
-AFRAME | froggers double  
Single arm  
-TABLE TOP | chair turns  
-SQUAT | break squat 4  
corners | PLYO SERIES

### TOP ROCK

TR INDIAN STEP  
TR CROSS STEP  
TR SALSA ROCK

### DROPS

CORK SCREW

### FRONT

FW Kick Outs  
FW R  
FW H  
FW C

### BACK

FW Mountain Climbers  
FW Back Shuffies  
FW step tucks  
FW Commando Step

### CIRCULAR FW

3 Step  
6 Step

### FREEZE

Baby | air baby  
Chair | mid chair  
Head freeze

### Basic COMBO 4

Indian-squat-jazz split-  
backspin

Basic COMBO 5 front sweep  
baby coil

### POWER

Ultimate coil sequence  
Baby swipe  
Superman  
Tornado hand walks

### KMS LEVEL3. \*\*\*FILM

-PLANK | stab  
stab press  
-AFRAME | Shoulder  
head  
elbow  
handstand  
-TABLE TOP | Russian  
manta  
-SQUAT |

### TOP ROCK

TR INDIAN STEP  
TR CROSS STEP  
TR SALSA ROCK

### FRONT FW

FW Kick O  
FW Ho  
FW C

### BACK

FW  
FW  
FW  
FW  
FW  
FW Commando Step

### FREEZE

Baby  
Chair  
VERT STACK

### POWER

Turtle taps  
3-4 Windmill  
4-2 windmill  
4-3 windmill

### KMS LEVEL3 explosion

\*\*\*FILM  
-PLANK | stab  
stab press  
-AFRAME | Shoulder  
head  
elbow  
handstand  
-TABLE TOP | SWING SET  
flare swing set  
-SQUAT | Hail Mary

### TOP ROCK

TR INDIAN STEP  
TR CROSS STEP  
TR SALSA ROCK

### FRONT

FW K  
FW H  
FW C  
UNIQ

### BACK FOOTWORK

FW Mountain Climbers  
FW Back Shuffies  
FW step tucks  
FW Commando Step  
ORIGINAL FFW COMBO

### CIRCULAR FW

Front Sweep \*film  
Back Sweep \*film  
2 Step \*film  
3 Step  
6 Step

### FREEZE

Baby  
Chair  
Air freeze

### POWER

Hand Gyld  
Head spin taps  
Windmills

