Do the preparation task first. Then watch the video and do the exercise. Remember you can read the transcript at any time.

**Preparation: matching**
Match the vocabulary with the correct definition and write a–h next to the numbers 1–8.

1. break dancing  a. a part
2. eye candy  b. raised above the ground
3. the basics  c. to change
4. an element  d. the way that you move your feet when you are dancing
5. the palm  e. an energetic and acrobatic style of urban street dancing
6. elevated  f. the inside part of your hand, between your fingers and your wrist
7. footwork  g. the most important parts of something that you should learn or think about first
8. to switch  h. someone or something that is attractive and nice to look at (very informal!)

**1. Check your understanding: true or false**
Circle *True* or *False* for these sentences.

1. There are five basic elements to break dancing.  
   - True  False
2. Beginners need to know the basic elements called 'top rock', 'footwork', 'freezes' and 'power' moves.  
   - True  False
3. The best-looking move of breaking is the 'top rock' move.  
   - True  False
4. The 'top rock' move has three steps including the 'Indian step', the 'cross step' and the 'back step'.  
   - True  False
5. Moves such as 'table top', 'the baby' and 'side step' are all types of power moves.  
   - True  False
6. Kid Glyde says doing an 'elevated chair' would help you with your swipes.  
   - True  False
7. The 'Indian step', the 'back step' and the 'side step' are all types of 'roll' moves.  
   - True  False
8. According to Kid Glyde, the 'cross step' is easy to do for a break dance beginner.  
   - True  False