



NBDS
PRODUCTIONS

Break-dance Team Building

Program Overview

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DELRAY BEACH, FL 33445

WWW.NBDSPRODUCTIONS.COM



No Bodies Crew

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No Bodies Crew

Break-dance Demo & Class – 25 Participants / 5 Break-dancers

1 Hour Sample Format:

- **Introduction:** 5-8 minutes
 - No Bodies Crew does a freestyled performance
 - Troupe introduces themselves to the audience
 - Brief overview of the dance/history is given
- **Dance Lesson:** 20-25 minutes
 - Participants are segmented into (5) groups of (5) and taught a few basic moves, which are then put into a routine
- **Performances:** 10-15 minutes
 - Groups perform their routines
 - No Bodies Crew performs a choreographed number
- **Dance Circle:** 5-10 minutes
 - Freestyle dance circle where everyone claps to the beat and take turns going into the middle and 'bustin a move'



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Select Past Clients



“Everyone is professional, courteous, warm, and smart – they asked a lot of great questions during some of our first conversations that revealed their vast experience performing at live events. They also came up with great ideas and collaborated on a creative level. “

Joyce Lee, Integrated Producer at TAXI AD



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