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## Hip hop workout songs

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Whether you are pressing the weights bench, elliptical or mat, there is nothing like the right music to push you through your workout. And let's say, you can't go wrong with a good low-Laden Bangers regime for the occasion. This hip-hop training mix will get the HYPE work done so you can get earnings. Make sure you follow us on Spotify and keep this playlist blocked for the next time you're going to buttocks. Here is the set list: correct answer; these songs will take your soul, they will inflre your mind and they will dance as if nobody looked at. Here are the 50 best hip-hop dance songs guaranteed to make you entertain and have fun. Steve Grayson / Getty Images You may have strange look to bring Courvoisier to a party these days. But when bus envelope tells you to spend the Courvoisier, the damned Courvoisier passes. And who can forget the classic video, with envelope and diddy snail ass in bathrobes? Aaron Rapoport / Getty Images David Banner is so ugly as he wants to be in this sexually jam loaded as a certified. A collipark sleigh beat the presumptuous rap of banners, in which he says to his sexual interest to "play with it". As a song that this strange has reached the 7 of Billboard is the assumption of someone. JERRITT CLARK / GETTY Pictures "Watch 4 ya" is an instant banger in which Big Boi works the beat with APLOMB, Andre 3000 Drop a comedian towards doing it in the IKEA showroom, while Sleepy Brown sets the mood with a catchy hook. Frank Michelotta / Getty Images One of the biggest successes of T.I., "Big Things Poppin" is a track of synth-bounce that is sure to bring any downners out of their shell. The year is 2-double-oh-8. And the GS Boyz fugitive, "Stuky Leg" is taking the nation. Then comes the multi-façade dance step that accompanies the song. The song gets further notorietà / advertising when the US soccer star Jozy Altidore adopts as his goal celebration after marking against El Salvador. Kevin Mazur / Getty Images Too many people danced at "Tambourine" not to include this classic track. Moses Robinson / The Beat 95.5 The FM Yung Joc career went to the same direction as the song title, but for a moment it was impossible to go somewhere in the dirty south without hearing this banger jumping from stereo cars. Roger Kisby / getty images biggie's posse, junior m.a.f.i.a., crashed on the spotlight with the infectious "Get Money". It has become the most popular success of the crew, reaching n. 17 On the Billboard Hot 100 in 1996. Christie Goodwin / Getty Images Azealia Banks' Primo Successful single, "212." It is an exercise in vocal shifts that produces a Dancetastic Rap song that is sure to get all moving and grooving to Your party. Marc Andrew Dey / Getty Images Scott Storch Lobbed the perfect for Fat Joe and Remy Ma to bang down. "Lean Back" is basically an anti-dance rap song that is actually danceable. He crossed the Billboard Hot 100 and earned a Grammy knot for the best performance from a Duo or Group. Frank Mullen / /Images A teenage phenomenon at the point, Soulja Boy introduced a new dance for hip-hop in 2007 with "Crank Dat (Soulja Boy)." He was also quite expert to include a video of dance. Johnny Nunez / Getty Rap-pop images only works a bit of time and, fortunately, this has been one of those times. Thanks to the masterful use of drums and the silky voices of Kerri Hilson, this track is well-deserved of its position in the list of 50 Hip Hop songs. Tim Mosenfelder as "Hot in Herre" by Nelly, "Right Thurr" by Chingy is a summer success that grabbed Hip-hop in 2003. No one could understand a word of what Chingy said and did not matter; We were still too busy dancing. Donato Sardella / Getty Images Spacey and Subdol at the beginning, "Wild For the Night" soon became frantic and frantic. This is a bit of a surprising coupling, but at \$ Ap Rocky and Skrillex run. Frank Michelotta / ImageDirect A club jingle, which Jay Z says was based on real events. "I Just Wanna Love U" marked the beginning of a lasting partnership between Jay Z and Pharrell / The Neptunes. Fun Fact: Britney touched The Neptunes to produce her self-titled her album after hearing "I Just Wanna Love U (Give It to me)." If you managed to spend your life without hearing "Laffy Taffy", thanks to your lucky stars. It was not an option in 2005, when the song was presented for the first time. He has oozed out of each speaker and crashed to the number one on the Billboard Hot 100. The mother of all the snap songs, "Laffy Taffy" is based on a simple line of synth, snap and a singing so repetitive You will never forget it. Thugmelster Trick Daddy himself joins Twista and Lil Jon for a rhythm ready to stadium. Perfect for Slamdancing, Myrna Suarez / Getty Images You could make a whole playlist composed of Missy dance shots. "Work en", in particular, is a perfect infectious jam for any party or to transform an ordinary moment into a party. What has started as a local song for DJ has become one of the biggest single hip-hops. Like most dance songs, the texts are almost unbearable. Pass this and you will find the hook and beat irresistible. Jim Steinfeldt / Getty Images not in front As if I had never found yourself randomly to tear the floor to "I can't touch this". So captivating you will sing in the car while you do the Hammer dance. With the stellar production of a thriving Kanye West, "stand up" climbed on the top of the Billboard Hot 100 graphic in the summer of '03 and became the first Ludacris topper. Shawna and Luda in turn teach us: "When I move, so". Michael Caulfield / Getty Images for DCP serial experiments The Black Eyed Peas took the bug when they collaborated with David Guetta for this rocket. "I GOTTA FEELING" Debuted at no. 2 Behind "Boom Boom He beheaded "Boom Boom Pow" within a week and held at number one for 14 weeks. Play this at a party and even children will start singing long. Peach PeachGetty Images "Black Mags" is a beautiful collision of styles and disparate sounds, from Iphy to Boom Bap.À € Tim Mosenfelder / Getty Images An Anthem Ratchet has turn right. At the height of Rap Dance, "Shoulder Lean" emerged from the bowels of the Atlanta bank with young Dro who brings the charge. Dro is united by T.I. On the hook while another Grand Hustler Lil C manages the rhythm. And no dance lesson developed here: "Let me see that you rebound to the left and let your shoulder snuchually". With a drink in one hand and a teaching dance manual in the other, Cassidy shows us how multitasking in the club, while Swizz Beatz interprets Hyman. No one knows the drum and the ComboÀ € Loop better than Dr. Dre. The drums really reach and he grabs your soul. The rings of him are guaranteed to never escape your brain once he came into contact with them. That combination of deadly drums warehouses and a lethal cycle, combined with the 50 penny singing flow, is what makes it "in Da Club" a party favorite. You know why dj snake "turn down for what" is here "because it always gets the club at the maximum squarunk and will be around for years." Hypnotizes "are small classic biggia. Start with an advantage (" hah, scaa of the Your average ") and proceeds to spit game, while a D. hypnotic dotÀ € beats in the background. The Puffy does its best to distract you (" take it, take it), but trust me, you can still dance through everything. Nelly raised the temperature with this fragmentary of 2002. "Hot in Herre" became instant Remix's mania. It is a testimony of the power of the song that remains the power that the phrase "is becoming hot here!" It's almost always followed by "Take all your clothes!" Webster and Drizzle had the whole country going up in '06 with this rocket, which has its dance instructions. Frank Michestik / Getty Images in which Mystikal tells us to shake the tail, while he screamed like a sergeant for a lozange drink. I challenge you to resist this furrow. Live of courtesy up to height. by Plok. in 2006, St. Louis Rapper Huey emerged from this huge single of dance that went away to the n. 6 On the Hot 100 Billboard chart. A refueling of the surfire floor and an extraordinary one from the nerd. The remix with Kanye West, Wolf Fiasco and Pusa T is not too shabby, not even. Jeff Kravitz / Getty Images M Issy Elliott and Timbaland are always a winning combination. On "Get ur freak on", the two amigos are succeeded in combing ingredients that did not have a business in being in the same vase together: À. Indian ropes, tribal drums and even a bit like grabianchi. The result is a timeless hymn. Buy U a Drank (Shawty Snappin ') is the most definitive song of T.'s pain combines the self-tuned voice with an infectious shotbound. It also has the extra bonus of Repristi many of the best rapid songs of the dance of time, including "walking out" "You're going down." Tim Mosenfelder / Getty Images How will you resist that sin? You do not do it. Simply take it directly to the Windooowww, to the wall. Contessa Jemal / Wiremage Wiremage Bet Network DJ UNK unleashed a dance mania in 2006 with its success. "exclude it." MTV used the song as an expiration score on America's best dance crew to inaugurate loss of competitors. It seems that it is now a distant memory, but D4L and DEM Franchise BOYZ were once involved in a heated feud on which group did it really invent? The sound vanished, but the party hits like the "laffy taffy" and the "DFB's skinny DFB, lives" live. Astrid Stawiarz / Getty Images Something Strange happened while I sat down to type the voice for this song. There was a middle-aged man in front of me saying "Ballimnnn!" Every few minutes carrying a seemingly normal conversation with a friend. She still feels Jimmy's jam a decade later, apparently. Following in the steps of the soulja boy (and others), the Cali Swag district built a teaching song around the concept of dancing didactic songs. It was a huge success. Kate Upton scored a sporty illustrated cover after doing the Dougie in a Clippers game. So you keep Dougie'ing because you never know where that road could lead. Steve Eichner / Wireimage A simple hook, the perfect rhythm, and so kinetic you could almost feel the sweat forming around your forehead. À M. Caulfield / Wireimage for creativity VH-1 Channel Outkast really shines when they are trying to arouse a Reaction from us, be anger, passion or plain of Gyration. "The way you move" is a perfect sampling of this side of the "Kast. M. Caulfield / WireMage for Bet Entertainment "Lose Control Control" is the magic pill for any hip-hop party. If the energy at your party starts to fall, pop this and look at all the banana monkeys. "Lose control" incorporates a slice of cybotron, a pinch of electro, the fat man scoop hype, Ciara's sweet voices and Missy's instructive spinning machines to create the perfect dance song. No one will remember Flo Rida's debut album (it's the post on Sunday, by the way), but all those who have ever been close to a radio are familiar with his debut single flavored at T, "Basso", a true basic hip-hop dance. When this goes down to the club, you have no choice but to "shock" even if you have nothing to do. Chris Polk / Getty Images Here is a challenge: Play "Hey Ya!" Sit down. Chris Polk / Getty Images Snoop Dogg dropped this in the 2004 blowing summer season and watched him climb to the top of the charts. A decade later, it remains one of the hottest hip-hop dance songs ever. "The Wanna Rock" is one of the most important antherm Twerk of all time. At Strip Club Preferred, this Miami BASS success is based on an effective call and response of the 2 Legend live crew. It took two Harlemites -Base and the deceased DJ EZ Rock - a Brown James reference point, robust Raps and a beaten hip-house infectious to create one of the biggest hip-hop songs of all time that also captain Dance Mega-Hit. Mega-hit. Mega-hit.

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