Hip Hop Syllabus

Performance is a HUGE part of hip hop. Not only do we want to see dancers pick up and execute the choreography, we also want to see dancers performing and entertaining their audience both IN CLASS and on stage. We expect to see dancers going FULL OUT in class at all times unless told otherwise.

Pre-Hip Hop

- Marching
- Bouncing
- Rocking
- Hopping
- Developing clear, strong arms
- Hip movement; hip shake
- Hip shake (w/ leg popped)
- Shoulder movement
- Jump clap
- Step, together

Youth Hip Hop and Hip Hop 1

All moves above plus:

- Step touch
- Finding the beat in the music
- Working on performing (facials)
- Formations
- Chest Pops (without moving hips & arms)
- Grooves/freestyle
- Coffee grinder
- Full body isolations
- Body rolls (up & down)
- Chest isolation (box/front, back, side to side)
- Foot work

Tween Hip Hop

All moves above plus:

- Understanding levels in movement
- Starting to work on dynamics
- More intricate isolations throughout the entire body
- Basic groove steps: step touch with bounce, rock step, drop bounce and east coast stomp
- Picking up choreography based on timing and musicality

Hip Hop 2

All moves above plus:

- Roll up from floor
- 6 step
- Top Rock and basic breaking feet work
- New feet work (T-step, etc.)
- Grooves and waves
- New School vs. Old School vocabulary
- Gliding basics
- Basic understanding of the fundamentals and history of Hip Hop
- Understanding and work in a cypher
- Basic hip hop moves from the 80's:
    - Happy Feet
    - The Running Man
    - The Biz Markie
    - The BK Bounce
    - The Skate
    - The Steve Martin
    - The Kid n' Play Kickstep

Hip Hop 3

All moves above plus:

- Full knowledge of all isolations and how to do them with dynamics
- Working on more extreme dynamics (hard and soft)
- Working on ability to pick up choreography fast and perform it full out
- Strong freestyle to different types of "hip hop" music (ex: pop, rap, old school, etc.)

- Quicker movement
- Introduction to the different forms of hip hop: locking, waacking, popping and house
- Basic hip hop moves from the 90's:
    - The Bankhead Bounce
    - The Bart Simpson
    - The A-Town Stomp
    - The Humpty Hump
    - The Guess
    - The Reebok

Hip Hop 4

All moves above plus:

- Adding personal style when appropriate
- Full body pops/ticks
- Breaking tricks
- Versatile (both sharp/hard hitting movement & grooves)
- Very strong freestyle ability- center and across the floor
- Ability to pick up different styles of hip hop from various choreographers
- Basic hip hop moves from the 2000's:
    - The Jersey Running Man
    - Walk It Out
    - The Spongebob
    - The Wu-Tang
    - The Tone Wop
    - The Milly Rock
    - Hit Dem Folks

Hip Hop Adv

All moves/techniques about plus:

- Ability to pick up choreography with exact detail and execution
- Freestyle that incorporates levels, floorwork, dynamics and personality
- Understanding and execution of more advanced breaking tricks
- Strong understanding of old and new styles of hip hop
- Execution of movement without counts and instead within musical notes, beats, rhythm and lyrics
- Strong gliding ability
- Extreme control of body movement and ability to remain grounded

Instructor Notes Below in Italics

Classroom Objectives

Please see Mini and Youth Syllabi for specific objectives pertaining to Pre-Hip Hop, Youth Hip Hop and Hip Hop 1.

For Hip Hop 2-Adv please see all specific move objectives below and follow class structure.

Basic Class Structure(s):

1. *Take Roll*
    a. *This is SUPER Important, DA will lose money if we do not get the attendance correctly. Can't give away free classes, on the flip side we call home parents so it's embarrassing when the office staff have to say sorry that a child did not miss class but was marked accordingly.*
    b. *We have to memorize ALL your kids' names, this is very important in building trust and solidifying that bond so they will listen and stay focused when you need them too.*
2. *Warm-Up*
    a. *Hip Hop warm up needs to include conditioning. Dancers should do squats, crunches, and/or arm workouts on top of stretching to ensure they have the strength to control their body while dancing.*
    b. *Dancers are expected to do the FULL warm up. No "marking" the stretch, every dancer needs to do their best in class from start to finish!*
    c. *It is a good idea to incorporate "grooves" and basic warm-up steps into a hip hop class. This gives the kids an idea of what is to come and gets their mind and body ready for the rest of class.*
3. *Across the Floor*
    a. *Practice Syllabus appropriate steps. Always alternate skills so they have both sides of their bodies and brains moving.*
    b. *Make sure to give them corrections at this point. You can have them go multiple times doing the same across the floors to give them a chance to do something they messed up on.*
4. *Freestyle*
    a. *This is such an important part of hip hop training that it is important to incorporate this skill and training into every class.*
    b. *Can work on freestyle across the floor or in center*
5. *Combination*
    a. *Hip Hop is such a great way to train dancers on their ability to pick up choreography.*

    b. *It is sometimes a good idea to start a combination one week and continue it the following week to help dancers with their retention of choreography.*
    c. *Sometimes it is a good idea to change up the "style" of combinations from week to week.*
6. *Class Ending*
    a. *Give them a cool down to bring their energy back to neutral existence.*
    b. *Have a ritual that you always end class with.*
    c. *For younger classes: you can do stickers or "Air-Fives", Curtsey as a final goodbye. This is also where you can talk to a parent about a child's behavior, positive or negative. The parents LOVE to hear when their child is great.*