

Course Syllabus

Course	HIP HOP DANCE
Class Times	Tue & Thu 1:30pm-2:25pm (5B Period)
Location	Cafe
Instructor	Professor Lori L. Hayes
Email	lhayes@icpa-ca.org

COURSE DESCRIPTION

This course will focus on fundamental Hip Hop dance techniques and styles. An Introduction to historical and cultural contexts of hip-hop culture will be covered. All private school dance students are required to perform in all ICPA Dance Conservatory scheduled performances each semester.

OBJECTIVES

- Identify and define basic hip-hop dance terminology;
- Recognize and demonstrate basic hip-hop dance movements;
- Apply hip-hop dance technique to short sequences, progressions and combinations;
- Understand alignment, placement, centering, timing, rhythm and coordination;
- Explore and evaluate artistic expression in the execution of hip-hop movements;
- Identify the basic historical and cultural context of hip-hop dance as an emerging art form.

COURSE CONTENT

1. Warm-up: conditioning for hip-hop dancers, exercises to increase strength, flexibility, endurance and articulation of movement
 1. Push-ups and upper body strengthening
 2. Sit-ups and core strengthening
 3. Various upper body, back and torso stretches
 4. Lower body leg, ankle and metatarsal strengthening
 5. Quad, hamstring, and calf stretches and strengthening
 6. Cardiovascular endurance and active stretches
 7. Proper alignment during warm-up
2. Basic hip-hop body positions and movement patterns
 1. Body Waving
 2. Popping (tensing and releasing of specific muscle groups)

3. Arms, upper body and torso placement
4. Coordination and timing of arms during glides
5. Leg and ankle placement during glides, slides and backslides
6. Isolations
7. Weight change in axial and locomotor patterns
8. Direction change in axial and locomotor patterns
9. Spatial awareness in conjunction with changing facings
3. Basic techniques of hip-hop dance in short combinations, such as
 1. Chassé and Rhythm slides
 2. Harlem Shake
 3. Heel Toe
 4. Popping
 5. Glide
 6. Moonwalk
 7. Juke
4. The relationship between music and hip-hop dance
 1. Rhythm
 2. Accent
 3. Phrasing
 4. Choreo-musical qualities inherent within the hip-hop dance genre
5. Introduction to Hip-Hop movements by exploring levels, shapes and dynamics
6. Overview of origins of style including, but not limited to, prominent hip-hop choreographers, dancers and teachers, specific eras, social dance, and vernacular sub-genres within the hip-hop culture.

ASSIGNMENTS, ACTIVITIES & ASSESSMENT

- A famous Hip Hop Dance Artist must be researched as part of a written assignment. Guidelines are attached. This research assignment may also be fulfilled by a completed "Survey" assignment from "Survey" Class, but not for more than one dance technique class each semester.
- Hip Hop dance vocabulary review and exam must be completed.
- The semester mid-term and final exam performances will consist of student's performance in the Fall Dance Conservatory Concert and the School's Christmas Show.

GRADING

<u>Assignments</u>	<u>Points</u>
Research Project	100
Hip Hop Dance terms activity	100
Participation/Attendance	400
Mid-term performance	100
Final performance	100
Total	800

Letter Grade Points

720 - 800

640 - 719

560 - 639

Letter Grade

A

B

C

REQUIREMENTS**Studio Rules:**

1. With the exception of water, no eating, drinking or chewing gum allowed in the studio.
2. No street shoes allowed on the studio floor, street shoes must be taken off at the door.
3. Never leave personal belongings unattended outside the dance studios at any time.
4. Please follow proper dress codes assigned for this class.
5. Respect others and their belongings at all times.

Expectations:

1. Proper demonstration and understanding of Hip Hop dance techniques are necessary to be successful in this class and all students must attend each class and be on time.
2. If a student is late to class, points will be taken off their daily participation grade at teacher's discretion.
3. Students are expected to work towards mastery of the material introduced both in and outside of dance studio.
4. Excessive talking and any misbehavior will also lower student's participation grade. **Excused** (unavoidable) absences from class will not be deducted from student's participation grade, however, **Unexcused** absences will be deducted from student's participation grade. It is the student's responsibility to turn in a written excuse signed by a parent or guardian for any class missed.
5. It is the student's responsibility to find out what was covered/assigned in the class that was missed.
6. Arrangements must be made with the instructor to make up any missed in-class activity/assignments or tests. Work that is not made up within a week of being absent will receive zero credit.
7. If a student is unable to participate in class because of illness or injury, student must sit against the wall and take notes. Notes must be turned in at the end of class in order to receive attendance/participation credit for that day.

DRESS CODE (see attached):

- **Girls:** any color dance top and any color dance shorts or leggings, any color sneakers, hair in a bun
- **Boys:** any color tank, muscle shirt or T-shirt, any color dance pant, any color sneakers

**STUDENTS MUST ALWAYS WEAR PROPER DANCE ATTIRE INCLUDING SHOES!!!!!!
NO TIGHT JEANS, EXTRA LOW TOPS OR SHORT SHORTS!!!!!!
NO FLIP FLOPS OR JEWELRY!!!!!!**