

Hip Hop You Don't Stop!

Arts Time 2009



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Food for thought: Hip hop is an evolving form of music, dance, and culture. It is the current pop culture that many kids identify with and it is also a **complex art form with many layers**. Hip hop is generally defined as the sum total of 4 elements: MCing, DJing, BBoy/Girling (break dancing), and Graffiti. Hip hop culture can also include: spoken word/slam poetry, fashion, beat boxing, and more. Diving in and beginning to understand each of these elements as powerful art forms can open up communication and create connections with students, as well as inspire your own creativity!

For further research: A little history...

- DJ Kool Herc
- Afrika Bambaattaa
- The Universal Zulu Nation

A great free history resource: <http://www.daveyd.com/historyphysicalgrafittifabel.html>

Physical Graffiti (The History of Hip Hop Dance) by Jorge "Popmaster Fabel" Pabon of the Rocksteady Crew/ Universal Zulu Nation.

Warm Up (*Good Vibrations* by Miles)

(Inspired by elements in Anne Green Gilbert's Brain Dance)

Dancers spread out in the room. Move through general space for 8 beats. Stop and move in self space through a teacher directed warm up series.

- **Breath:** Breath in and out for 4 counts w/ hands, then w/ arms reaching up and pressing down
- **Tactile:** slapping, squeezing, brushing
- **Core-Distal:** side stretches in 2nd position, body curls in and stretches out to a lunge
- **Head-Tail:** Sideways snake + lunge w/ knee down + snake/dog sequence
- **Upper-Lower:** Popping (isolations) w/ chest and shoulders, then knees and feet
- **Body Half:** Kick and punch R and L w/ arm reaching over the head + weight shifts side to side
- **Cross Lateral:** Punches across the body, punches reaching for opposite knee + big X standing stretch
- **Vestibular:** 3 step turns w/ a jump and a clap

Feel the Beat (*They Don't Want Music* by Black Eyed Peas)

- Knees bounce to the beat
- Arms swing to the beat
- Knees and arms together (pattern: bounce, bounce, rest)
- Feet rotate in and out, R and L side then both feet together
- Standing forward bend for 8 counts, then bounce and twist knees for 8 counts (repeat)

Breakin (*Rapp Payback* by James Brown)

- Baby bugs – freezes (front, and side R/L)
- 6 step

Top Rock (*Double Dutch Bus* by Frankie Smith)

- Step and slide to the side with an arm pull
- Slide with a toe touch – back and front (then) Toe taps – front, side, back and slide
- Side step (weight shifts from side to side)
- Top rock basic + crossing over with a twist

Old School "Locking" Combo (*Doo Wa Ditty* by Zap & Roger)

(Counts are in parenthesis)

- Point to the side and step out to the R (1)
- Cross arms and punch down, step out the L (2)
- Wrist rolls up, clap behind your back (3-4)
- Scoo-bot (jump in the bucket) (5-6)
- Wrist roll up, arms down and lock elbows (7 and 8)

- Point to the side and step out (R and L) (1-2)
- Cross the ankle over knee and sit, put foot down (3-4)
- Wrist rolls – out, in, up, down, out, in, lock elbows (5-8)
- Stir the pot 2x (1-8)
- Which-a-way (1-2)
- Turn behind yourself (left foot back and turn) (3-4)
- Uncle Sam points R side, L up to the diagonal (5-6)
- Pas de bouree – step L (back), R (side), L (front) (7 and 8)

Freestyle (improvisation): The heart of break dance, hip hop, funk and street dance styles!

Getting started...

- Dancers stand in a large circle
- Each dancer contributes 1 movement that represents their personality, their feelings for the day, or just whatever feels good!
- Each move is repeated in an accumulated sequence to create a group dance done on the spot all together.

Community Building: The Birthday Circle

- Take a chance! Freestyle.
- Each dancer takes a turn moving to the center of the circle and improvising for 16 counts
- Dancers who feel insecure or shy can choose to perform a movement they learned in class that day instead of an improvisation
- All dancers participate by clapping hands to the beat and chanting positive support such as “Go Soto, Go Soto, Go Soto...”