Hip Hop Elementary Syllabus

Isolations-

1. Arms (working through shoulders,elbows,wrists,and fingers)
2. Chest (front,side,and back)
3. Hips (front,side, and back)
4. Legs (working through knees,ankles,and feet)

Feeling the floor-

1. Fall and recovery poses on the floor
2. Floorwork (slides,pops,tutting,etc)
3. Digging into the ground (stomping,heel movements,getting low)

High to low transitions-

1. Lifting (finding moments en releve, jumping,turns lifted up)
2. Mid level (standing movements, ground level choreo)
3. Low (sinking into the ground, dropping, possible knee choreo)
4. Try to find ways with choreography to utilize different level changes!!!

Sharp/Flowing movement-

1. Through combinations give sharp movements and a flowy one right after to make the dancer have a better understanding between the two.
2. Explain movement quality and play with juxtaposition of completely different skills through either improv or choreography.

Facial Expressions-

1. Facials should coordinate with the feeling of the dance (examples below)
2. Confidence
3. Power
4. Sassy etc...

Improv/freestyle exercises-

1. Battle (either in groups or one on one)
2. Circle up (each person takes a turn in the middle then chooses the next)
3. Change up the style (choose different sounding songs to encourage other ways of moving)
4. Cuing (instructor shouts out cues like jump, floor, pop, slow motion,etc.)