

## Hip Hop 8 Syllabus

*General Goals:* to continue technical training, focusing on both flow and break dancing in choreography, increase their performance quality, and continue to develop flexibility, strength, spacial awareness, and staying focused in class.

### ***Skills Introduced:***

- Lock it Down
- Smurf
- Reebok
- Superman
- Stick and Roll
- Running Man
- Kick Ball Change
- Harlem Shake
- C Walk
- Happy Feet
- Butterfly
- James Brown
- March step
- Monastery
- Pin Drop
- Wop
- Heel Toe
- 6 Step
- CC
- Coffee grinder
- Baby Freeze (Stall)
- Shoulder Freeze
- Rise up
- Fish flop
- Hitch kick
- Body Roll
- Tutting
- Windmills
- Moonwalk
- Destroyer stunt
- Side Glide
- Stall
- Kip Up
- Assisted Kip Up Stunt
- Counter Balance stunts

### ***Classroom Etiquette to Introduce and Reinforce:***

- Entering Class Ready to Dance
- Going straight to warm up (not playing on equipment)
- Tennis shoes on, hair pulled back, no gum
- Using the bathroom before class only
- Raising their hands before sharing with the teacher or the class
- Trying all new moves introduced in class

### ***Structure of Class:***

The first 10-15 minutes of each class is dedicated to warming up the student and working on flexibility and conditioning. The next 15-30 minute section focuses on technique and mastering skills both center floor and across the floor. During the last 10 minutes a combination is taught, or recital choreography begins. It is important for our students to build the skills of learning and retaining choreography, as performance is the culmination of their technical training. The last 4-6 weeks before a performance, instructors may choose to shorten the technique portion, or omit it, in order to prepare and polish the routine.

### ***Emphasis on Flexibility and Conditioning:***

Students will work each week on both their flexibility (stretches and splits) and conditioning (squats, push ups, crunches). It is imperative that a dancer start to build their flexibility and strength at this age. Lack of flexibility and strength will impede their ability to execute future skills and tricks if it is not developed now. Teachers lead stretches so that the student is in total control of their weight distribution and flexibility – students are **never** physically pushed or forced into their splits or any other stretch.

### ***Emphasis on Performance:***

Students are expected to rehearse class routines outside of class. CenterStage offers many tools to do this, including uploading music and practice videos to our YouTube channel. During class, teachers may choose to have students perform their routine in groups or individually, to assess what the student knows and what they need to work on. A student's knowledge and execution of their routine will also affect their positioning in the dance (i.e.: students unsure of their routine may be placed in the second or third row). This is for their own comfort ability so that they can watch other students who are more confident in remembering their moves. Ultimately though, it is our goal that each student memorize their routine.

### ***Reinforcement:***

We emphasize positive reinforcement in class, using high fives, clapping/cheering, giving a hug/pat on the back, and offering praise to encourage good behavior and dance technique. If a student displays good behavior or work, we will often use them as an example for the class. We also use a three – strike system to inform each student of how well they are focusing in class. A "strike" could be handed out for any of the following behaviors: refusal to participate in activities, unkind behavior towards a fellow classmate or instructor, etc. If "strike 3" has been given, an instructor will ask the student to sit out and will speak with the parent after class.

### ***Future Placement:***

Hip Hop 8 is CenterStage's most advanced hip hop class to date. Regular attendance and a weekly ballet class is required.