

Hip Hop Dance Unit

Learning Outcomes:

- 1) Practice and perform learned movement skills in order to improve.
- 2) Apply a combination of learned skills to create original sequences in a small group.

| | 1 | 2 | 3/4 | 5/6 |
|---------------------------------------|---|--|---|--|
| Outcome #1 | <p>Is unable to complete more than two easy moves without prompting or help.</p> <p>Demonstrates a lack of care, effort, or willingness to follow along and may distract others</p> | <p>Is able to perform most easy moves without prompting or help</p> <p>Demonstrates care and effort in most classes and follows along.</p> | <p>Is able to perform most easy moves and two or more moderate moves without prompting or help</p> <p>Demonstrates care and effort in all classes and follows along at all times</p> | <p>Is able to perform most moves (easy, moderate, and hard) without prompting or help. Includes new or created moves</p> <p>Demonstrates leadership and creativity in class with fellow students.</p> |
| Outcome #2 | | | | |
| Overall quality of the routine | Routine demonstrates a distinct lack of preparation and appears made up on the spot. | Routine contains many mistakes and the member appears out of sync with the rest of the group | Routine has only minor mistakes and the member is generally in sync with the rest of the group | Routine is flawless and the member shows confidence and leadership keeping the members in sync |
| Individual Participation | Does not perform and has no valid excuse. May perform, but moves are careless, incorrect or made up on the spot. | Performs as part of the group, is unable to keep up and is unpracticed, (looking at other members for guidance, out of time, hesitating) | Performs as part of the group and demonstrates practiced knowledge of the routine (eyes on crowd, on time with the beat, few hesitations) | Performs as a part of the group and demonstrates leadership and thorough knowledge of the routine (confident, on time with beat, leads group, others refer to them) |
| Composition and creativity of routine | Contains less than 7 moves or is completely original due to the inability to perform any one of the practiced moves | 7 or more moves with minimal pauses in between. Everyone does the same thing at the same time for the entire performance | More than 7 elements with minimal or no pauses between them. Everyone does the same thing at the same time for some of the performance, but performers move differently in an visually pleasing way at one time or another. | 10 or more elements flow together. Everyone does the same thing at the same time for part of the performance, but performers use the whole stage and move in different directions in a visually appealing way. |

Hip Hop Moves

To view youtube videos google the following, "youtube hip hop dance kids" and add the name of the move.

Easy

Toe Touch: Touch toe behind, touch in front, side tap, front kick and opposite arm up, arm snake into fist and knee bend.

<http://www.youtube.com/watch?v=f4cC8MCcY-w>

Break it down: Side cross step with elbow/shoulder pump

http://www.youtube.com/watch?v=ehqk9k4eL_k&NR=1

Cool Walk: Stepping forward with crossovers. Use lots of arm swing and extra knee and shoulder dips

<http://www.youtube.com/watch?v=Ar9kOpopEF8>

Crisscross: feet do crisscross, then arms out low and hip sway. Pivot 90 degrees and do again.

<http://www.youtube.com/watch?v=maJlxe7Dqd8>

Pump it: fist pump from up to down, other arm, then arms out swing in and hop to side, arm crosses 4 beats

http://www.youtube.com/watch?v=u1pE_YSq5nY&p=1929D310D7B8391E&index=12&feature=BF

The Clown: Arms up wrist shakes with knee bends. Then side to side arm waves like you're rolling a basketball from side to side.

<http://www.youtube.com/watch?v=1hB73-7GUFw>

The Wave: Using one are, make like a wave rolls from one arm over your shoulders and through the other arm and back.

http://www.youtube.com/watch?v=iGdU3rr_nkl

Arm Slide: Step to the side, drag other foot up beside it while lifting same arm and dipping shoulder.

<http://www.youtube.com/watch?v=W0JbD5Af604>

Robot Walk: An exaggerated walk that is very stiff and jerky.

<http://www.youtube.com/watch?v=mn-EmezD4kw>

Side Stomps: Step back and arm pumps.

http://www.youtube.com/watch?v=yj_gECf8hfk&feature=fvwrel

Gliding: All your weight is on one foot while the other acts like it is stepping to create a gliding effect.

http://www.youtube.com/watch?v=tMIq_NWvHT8&NR=1

Moderate

Step Snap: Side Step with arm roll reach, into knee jive snap across

<http://www.youtube.com/watch?v=tGxiS-oOkq0&NR=1>

The MJ Step: Step with one foot and kick the other foot out while snapping your fingers.

<http://www.youtube.com/watch?v=-TRxSV6o4Wo&feature=related>

Heel Toe: Hop, land front foot with toe up, back foot heel up then pivot to center, then hop to reverse and do again

<http://www.youtube.com/watch?v=50kgqVlbfoM>

Tap it Out: Cross over tap, tap. Step back tap, tap. Cross over opposite step out with arms sweeping circularly low to high.

<http://www.youtube.com/watch?v=4J8uP46FhDE>

Hard

Shoe Tap: Toe Tap forward, knee up step back tap. Other leg up, tap, knee up, step to side, other knee up feet together. 8 beats.

<http://www.youtube.com/watch?v=Vm0j4E6I8qE>

Gangman Style pony ride

https://www.youtube.com/watch?v=jNtX5ZCj2_Y

Nicki Manaj's Super Bass

https://www.youtube.com/watch?v=jNtX5ZCj2_Y

Full sequence dance

<https://www.youtube.com/watch?v=FDlCeEEeDxM>

Shuffle Dance: <http://www.youtube.com/watch?v=oqI6ZKQhEf8>

Running Man: Like running in place, but in a jerky/ floating way.

<http://www.youtube.com/watch?v=Oqod5r4Et2A>

The T-Step: Step and twist your foot sideways

http://www.youtube.com/watch?v=d-s_jb_tBFc

Search "how to shuffle dance" on youtube