

LIVE Arts

2022/23

Hip Hop Dance

With Amanda Murray

Date: June 1st

Grades: 1 & 2

Artistic Discipline:

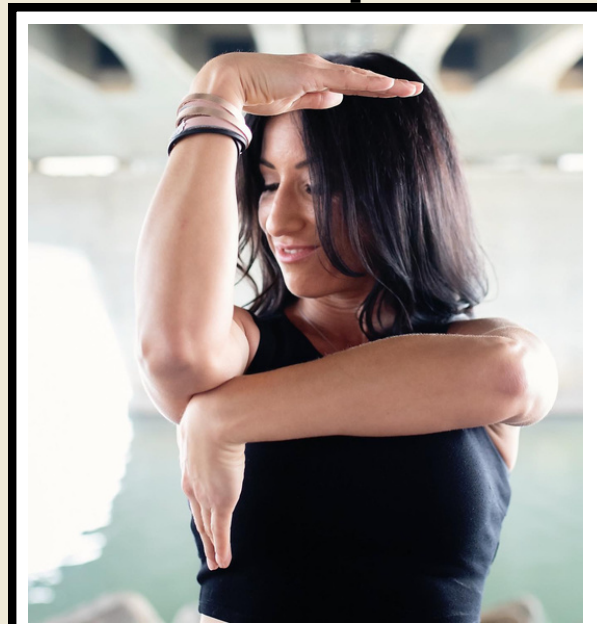
Hip Hop Dance

Overview

Explore Hip Hop Dance as an outlet for positive self expression. Using both Freestyle and Choreography to creatively explore movement, build connection with yourself and others. Learn the foundations of Hip Hop dance and how to create your own mini routines/combos.

Artist Biography

Amanda Murray is a professional Hip Hop dancer with over 20 years experience as a performer, instructor and choreographer. She is the owner and director of def SOL Productions- Saskatoon's first all hip hop & street dance company founded in 2004. She has received training from dance legends and pioneers in a variety of street and cultural forms including: Hip Hop, Breakin, Popping, Locking, Animation, House, Whacking, Vogue, Salsa, Samba, Dancehall and more. Some of her career highlights include 1st place Adult Crew at 2014 HHI Canadian Championships, teaching in the Philippines and opening for top international acts- TLC, Sean Paul, Nas, Tribe Called Red, FIBA 3x3 and the Harlem Globetrotters.



Materials

- Speaker for music
- Projector for YouTube videos

Classroom Setup

- Provide your students with an open space to move around in

Curriculum Outcomes and Indicators

Grade 1

Creative/Productive

CP 1.1 *Create movements and movement patterns in response to stimuli such as stories, poems, music, or objects as starting points*

a. Use movements and movement patterns to respond to stimuli from diverse sources such as stories, poems, observations, visual images, music, sounds, or objects.

Cultural/Historical

CH 1.1 *Describe the arts and cultural traditions found in own home and school community*

c. Demonstrate awareness that people from various cultures create artistic products and presentations as an important part of their heritage.

Critical/Responsive

CR 1.1 *Demonstrate understanding that the arts are a way of expressing ideas*

e. Share thoughts and feelings evoked by works of art.

Grade 2

Creative/Productive

CP 2.1 *Create and connect dance phrases using ideas about community as stimuli (e.g., our school, community events, farm life, city life, cultural heritage)*

b. Create dance phrases that have a beginning position and an end position.

Creative/Productive

CP 2.1 *Create and connect dance phrases using ideas about community as stimuli (e.g., our school, community events, farm life, city life, cultural heritage)*

a. Select and connect movements from explorations to create dance phrases.

Critical/Responsive

CH 2.1 *Identify key features of arts and cultural traditions in own community*

c. Recognize there are a variety of arts expressions in Saskatchewan (e.g., film, dance, theatre, music, photography, graphic design, sculpture, architecture).

Workshop Vocabulary

Combo

A short choreographed dance routine approximately 30-60 seconds in length.

Cypher

An open circle where dancers take turns dancing in the centre while others watch and encourage them.

Freestyle

Dance that is improvised or made up 'on the spot'. The movement patterns are not planned or rehearsed in advance.

Breaking/B-Boying

The original dance style that came out of the Hip Hop community during the late 60s-early 70s in New York City.

Party/Social Dances

Popular Hip Hop dance moves created to enjoy at parties or social events. Often danced to a specific song. Ex. Cabbage Patch, Dougie, Nae Nae

Street Dance

An umbrella term for all dance styles that evolved outside of dance studios in the US during the 60s-70s such as: Breaking, Popping, Locking, House, Animation.

Groove

Being one with the music and movement. In Hip Hop, the two main types of Grooves are the "Rock" & "Bounce".

Pre Workshop Activity

Name: Intro to Street Dance- Feeling, Music & Rhythm

Duration

50 minutes

Materials

- Projector to play videos from Youtube
- Open space to move around

ACTIVITY 1

Exercise I

- How do we express ourselves through movement? Watch all 3 Videos featuring 3 different styles of street dance.
- Before playing, encourage students to pay attention to the different expressions, energy and types of movements demonstrated by the dancers.

Video #1 -Breaking: <https://www.youtube.com/watch?v=czl0126jUnc>

Video #2 -Locking: <https://www.youtube.com/watch?v=AifQ64khhY4>

Video #3 -Popping/Animation: <https://www.youtube.com/watch?v=Cglrp8eX8EI>

Exercise II

- As a class, have students share their reactions to each video (Recommendation: pause and discuss after each video while the impressions are still fresh in their minds). Feel free to ask the questions:
 - How did watching these dancers make you feel?
 - What do you think the dancer is feeling?
 - Which dancer or style did you enjoy most?
 - Which style do you think would be the easiest/hardest to learn?

ACTIVITY 2

Exercise II

- Watch this Video on How to 'Find the Beat':
<https://www.youtube.com/watch?v=fvj1eWkSAjo>
(start video from approximately 1:15 from 'what is an 8 count' until the end)
- Encourage the class to follow along as he demonstrates how to clap on the beat.

Pre Workshop Activity

Name: Intro to Street Dance- Feeling, Music & Rhythm

Exercise II

- As a class, practice finding the beat and moving to Hip Hop songs
- Start by listening for the snare or 'clack' sound in the music to identify the even numbered counts, then count the music together out loud (1,2,3,4,5,6,7,8)
- Next, practice using simple movements to show the beat (first try clapping on time to the beat, then maybe jumping on time with beat, marching, stepping side to side etc)

**Helpful Suggestion: Try starting with slower song then progressing to a faster one. Examples and links provided below.*

Slow Song: <https://www.youtube.com/watch?v=2nqIHIElknQ&list=PL9KtH8NU96GvWqg3R7P XK-dZ-djvcFjwQ&index=51>

Faster Song: <https://www.youtube.com/watch?v=DSlt-a99Rf0&list=PL9KtH8NU96GvWqg3R7P XK-dZ-djvcFjwQ&index=2>

For additional 'clean' music options to play in class , check out Amanda's Hip Hop Instrumentals playlist on Spotify:

<https://open.spotify.com/playlist/2sUn8GM1cyOJZ17kvajgoq?si=b1828089f4c5443c>

Broadcast Program

00:00 - 00:05:

- Bio Video

00:05 - 00:10

- Overview of Hip Hop/Street Dance and a short intro on the history, culture and evolution of 'party/social dances'

00:10 - 00:30

- Warm Up with the two main Hip Hop grooves- 'Bounce & Rock'
- Learn some basic Hip Hop 'party dances' and their names
- Learn a short 'combo' to help remember and practice all of the steps

00:30-00:35

- Learn how to 'freestyle' and create variations of Hip Hop dance moves by exploring different rhythms, patterns, levels, direction and textures (ie. sharp vs smooth)

00:35-40:00

- Intro to the Hip Hop cypher, freestyle dance and importance of creating a safe and positive space for individual self expression and growth

00:40 - 00:45

- FreeStyle Cypher: dancers take turns going in the circle and improvising movement to the music. They can explore some of the moves learned in the class, other moves they know or whatever naturally comes through in the moment

Post Workshop Activity

Name: Create your Own Hip Hop 'Party Dance' Move

Duration

50 minutes

Materials

- Open Dance Space
- Stereo for background Music

Activity 1

Ask the students to reflect and share their thoughts and feelings about the workshop.

Ask questions like:

- How did the workshop make you feel?
- What moves brought you the most joy?

Activity 2 - Create Your Own Move

(Recommendation: for larger classes, this activity can also be done in small groups)

Exercise I

- Think of an activity you enjoy (or a character you watch) and turn it into a dance move
- Name your move and come up with a quick story about why you created it (Example from the workshop: the "Bart Simpson" dance was named after the cartoon character on the Simpsons TV show)
- Reminder to keep the dance short and simple enough that you could teach it to anyone. They should be able to fit into 2 counts (ie. you could do the move 4 times within an 8 count). Think of the moves we did in the workshop for examples.

Exercise II

- Using a 'cypher circle', have each student/group to share their moves.
- Start by having the student say the name of the move and why they created it.
- Encourage them to repeat it several times and see if the rest of the class can learn it
- Continue until all students have shared their moves!

Bonus Activity- Create a short Class Choreography of all of your moves!

- Can you remember everyone's moves? Create short class routine/combo by performing each student's move back to back.

• Try to use what you learned about counts and rhythm to try and dance with the beat

Recommendation: repeat each move for one full count of 8 (1,2,3,4,5,6,7,8), then switch.

Additional Information

Upcoming Workshops - 2022/23

This workshop is the end of our 2022/23 season but keep your eye on the LIVE Arts website for the announcement of our next season of workshops in 2023/24.

More Art by the Artist

Amanda can be found teaching and performing throughout Saskatoon and area through her dance company def SOL Productions. Find out more by checking out the social links below (note: all links and videos posted are appropriate for all ages).

Artist's Instagram: @mraegrooves | def SOL Instagram: @def_sol

def SOL YouTube: <https://www.youtube.com/user/defSolProductions>

def SOL Website: www.defsol.ca



To find out about the upcoming Hip Hop and street dance events in Sask... here are some additional dance accounts to follow Instagram: @vibesyqr @alphakids.tv