

LIVE Arts

2022/23

Hip Hop Dance

With Amanda Murray

Date: May 31st

Grades: 3 & 4

Artistic Discipline:

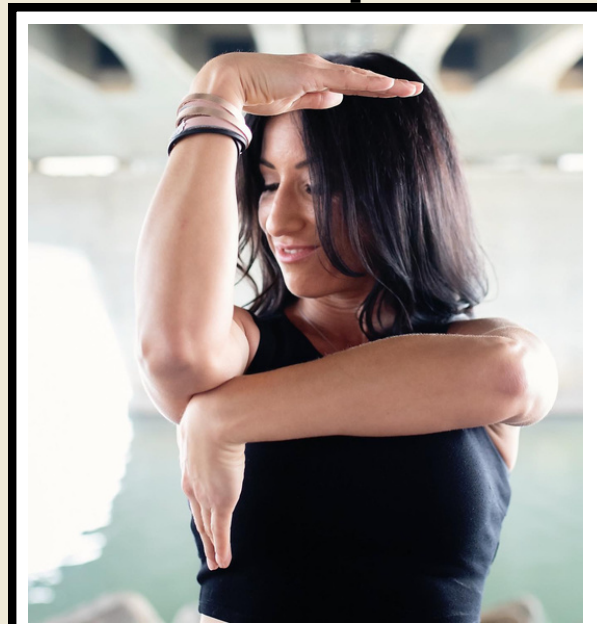
Hip Hop Dance

Overview

Explore the history of Hip Hop and Street Dance as an outlet for positive self expression. Learn the foundations of Breakin (toprock, downrock, freezes) and how to use these basic moves to create your own combo/routine.

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, Whaacking, 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 3

Creative/Productive

CP 3.1 *Generate a variety of alternatives and solutions in movement explorations (improvisation) using the environment (e.g., natural, constructed, imagined) as stimuli.*

f. Combine movements into dance phrases that have a beginning position, a middle, and end position.

Cultural/Historical

CH 3.1 *Compare how arts expressions from various groups and communities may be a reflection of their unique environment (e.g., North and South Saskatchewan, urban and rural).*

d. Describe how an arts expression tells something about the community and culture in which it was created (e.g., heritage harvest dances).

Critical/Responsive

CR 3.2 *Respond to arts expressions that use the environment (natural, constructed, imagined) as inspiration.*

a. Demonstrate ways that arts expressions can represent ideas and convey meaning verbally and non-verbally (e.g., music that conveys a mood; dance that conveys ideas about bullying; drama that conveys ideas about compassion; visual art work or graphic that conveys a social message).

Grade 4

Creative/Productive

CP 4.2 *Express ideas using the elements of dance including: actions, body, dynamics, relationships & space*

d. Copy movement phrases as demonstrated, and create own movement phrases.

Cultural/Historical

CH 4.1 *Investigate and share discoveries about the arts in Saskatchewan through collaborative inquiry.*

d. Describe how the arts tell something about the society in which they are created.

Creative/Productive

CP 4.1 *Create dance compositions that express ideas about Saskatchewan using collaborative inquiry and movement problem solving.*

d. Improvise to generate and develop movement ideas.

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 Hip Hop Culture & Breakin

Duration

50 minutes

Materials

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

ACTIVITY 1

Exercise I

- Watch this short YouTube video on the "Birth of Hip Hop" culture.
<https://www.youtube.com/watch?v=10C-Q3NllzU>

Exercise II

Have the students answer the following questions:

Q: Where did Hip Hop begin?

A: *Bronx, New York City*

Q: When was the dance created?

A: *During the 70s-80s*

Q: Who was the DJ that created the 'breakbeat'?

A: *DJ Kool Herc*

Q: What are the 4 main elements of Breakin?

A: *Toprock, Downrock, Power Moves, Freezes*

Q: Why did dancers from the Bronx, New York city start Breakin?

A: *It was a way for disadvantaged kids in the Bronx to be recognized, a positive way to express themselves and also to help provide for their families and communities.*

ACTIVITY 2

Exercise I

- Watch & Follow Along as Bgirl Bonita teaches the rocking groove and the basic '2-step' : <https://www.youtube.com/watch?v=WCGmegTpOFU>

Pre Workshop Activity

Name: Intro to Hip Hop Culture & Breakin

Duration

50 minutes

Materials

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

Exercise II

- After the video, encourage the students to explore and create their own variations with the 2 step.
- Play some Hip Hop instrumentals for inspiration while students are in creation mode. Here is a suggested playlist from Amanda's Spotify:
<https://open.spotify.com/playlist/2sUn8GM1cyOJZ17kvajgoq?si=1578d4d6383a48f3>
- Breakin into small groups and create a short combination (routine) using variations of the basic 2 step.

Exercise III

- Using a cypher circle, encourage each group to perform their Toprock combo for the class. Don't forget to cheer each other on!

Broadcast Program

00:00 - 00:05

- Bio Video

00:05 - 00:10

- Quick recap of Hip Hop History, Culture and the origins of Breakin
- Overview of the main elements and evolution of the dance

00:10 - 00:30

- Learn a few moves from each of the elements of Breakin:

Toprock, Downrock & Freezes

(Note: for safety reasons, we will not be exploring 'Power Moves' in this class)

00:30-00:35

- Learn how to 'freestyle' with Breakin 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 & Perform Your Own Breakin Combo

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:

-How did the workshop make you feel?

-What moves brought you the most joy?

-What mood/emotions are being expressed with these moves?

ACTIVITY 2

Exercise I

- Have your class form small groups of 3-4 students
- Have each group create a short routine (combo) using some of the moves from the workshop (refer to the recording on eCast if your class has forgotten) as well as some of your own.

Note: *The length of the combo should be approx. 6-8 X 8 counts (~30-40sec)*

- Encourage your students to use ALL of the basic elements of Breakin (Top rock, Downrock and Freezes)

***Bonus:** When creating and performing your combos, try to use a song by a Saskatchewan Hip Hop artist! Choose movements that represent the emotions, message and energy of the song.

Post Workshop Activity

Name: Create & Perform Your Own Breakin Combo

Duration

50 minutes

Materials

- Open Dance Space
- Stereo for background Music

Exercise II

- Have each group or, 'dance crew', perform their combo/routine for the class
- Make sure to help your students encourage each dance crew while they perform

*Before each group presents their combo, ask them to introduce the song they chose and how it influenced their energy, emotions and the way they moved.

Additional Information

Upcoming Workshops - 2022/23

This workshop is the end of our 2022/23 season but look forward to LIVE Arts 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