

LIVE Arts

2022/23

Hip Hop Dance

With Amanda Murray

Date: May 31st

Grades: 7 & 8

Artistic Discipline:

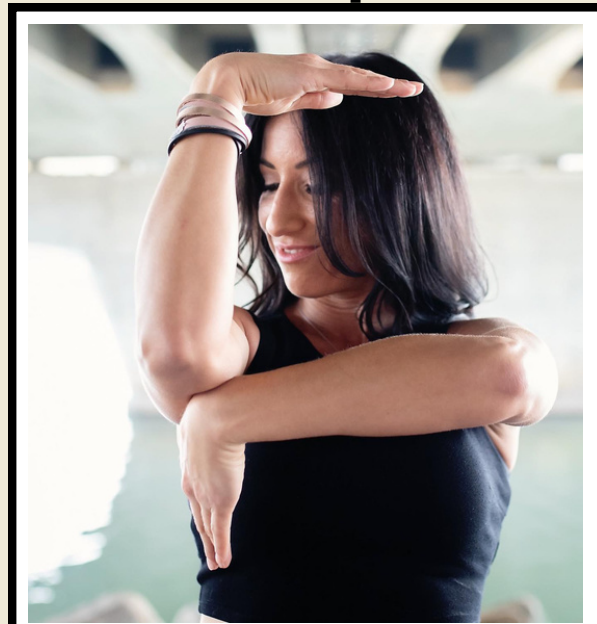
Hip Hop Dance

Overview

Explore Hip Hop Dance as an outlet for positive self expression. Learn a variety of popular Hip Hop 'party/social dance' and how to use them 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, 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 7

Creative/Productive

CP 7.3 *Create and refine transitions within choreographic forms (e.g., ABBA, narrative).*

- a. Sequence movements purposefully to support transitions when creating and combining dance phrases.

Creative/Productive

CP 7.3 *Create and refine transitions within choreographic forms (e.g., ABBA, narrative).*

- b. Demonstrate clarity of transitions between dance phrases.

Critical/Responsive

CR 7.3 *Examine and describe how arts expressions of various times and places reflect diverse experience, values, and beliefs.*

- a. Distinguish among diverse styles of visual art, dance, drama/ theatre, music, and other forms of expression (e.g., film) from different cultural and historical contexts.

Grade 8

Creative/Productive

CP 8.2 *Investigate and use choreographic forms (e.g., theme and variations, canon).*

- g. Perform self-created and collaboratively-created sequences of movements with smooth transitions during warm-ups and dance compositions.

Cultural/Historical

CH 8.1 *Research and share insights about arts expressions that incorporate social commentary.*

- c. Analyze and comment on the effectiveness of using the arts as a vehicle for social change.

Critical/Responsive

CR 8.1 *Respond to professional dance, drama, music, and visual art works through the creation of own arts expressions.*

- b. Analyze and discuss how dance, drama, music, visual and interdisciplinary arts are expressions of individual or collective perspectives.

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 & Dance

Duration

50 minutes

Materials

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

ACTIVITY 1

Exercise I

- How much do you know about Hip Hop Dance? Watch this short video to learn more about Hip Hop culture, the elements and the foundations of Hip Hop dance.

"7 Facts You Didn't Know About Hip Hop":

<https://www.youtube.com/watch?v=ogwHu-bOACI&t=159s>

Exercise II

Have students answer and discuss the following questions:

Q: What are the 5 elements of Hip Hop culture?

A: *Turntablism, Emceeing, Graffiti, BBoying/Breakin, Knowledge.*

Q: What are Hip Hop Party/Social Dances? Provide examples.

A: *Hip Hop dances created in a specific time and environment based on the feeling and response to the music. Examples: The Harlem Shake from Harlem, Hyphy from the Bay Area.*

Q: If you want to become a dancer, what is the most important thing to start with?

A: *The Music - if you enjoy the music, the movement will happen more naturally.*

Q: What are the Foundations of Hip Hop Dance?

A: *The essence or groove which is expressed through the 'Bounce' and 'Rock'.*

Q: What are some of the best documentaries/movies to learn about Hip Hop dance?

A: *Wreckin Shop (1992), The Freshest Kids (2002), Beat Street (1984).*

Q: Is Hip Hop the same as Popping and Locking? Why or why not?

A: *No. They have different techniques, foundation, pioneers, history, music and culture.*

***Note:** For a one hour class, the suggested time for this activity is only 10-15min. You will want to focus the majority of your class time on Activity 2.

Pre Workshop Activity

Name: Intro to Hip Hop Culture & Dance

ACTIVITY 2

Exercise I

- As we learned in the last video, Hip Hop 'Party/Social' Dances are created in a specific time and environment influenced by certain songs, feelings and also popular culture and media.
- Watch the video below to learn about 6 different Hip Hop party dances and their origins.

Video: <https://www.youtube.com/watch?v=GXKNLmjxodU&t=153s>

First Viewing: Watch the full video and encourage students to follow along with the instructor as he explains each step. The instruction moves quickly so don't worry about perfection. The goal is just to try your best and challenge your mind and body to something new.

Second Viewing: As a class, choose your favorite Hip Hop party dance move from the video. Replay that section of the video 1-2 more times and try to learn/imitate the steps by watching and copying the dancers.

HINT: If you go into the YouTube Settings (the gear symbol at the bottom right of the video), you can slowdown the playback speed to .5 or .75 to make it easier to follow)

Exercise II

- Time to get creative! In the video you will notice that for each dance move, the instructor always demonstrated some "Variations". Hip Hop is all about creativity and individuality so dancers will often freestyle or experiment with changing the directions, patterns or rhythm of the move to 'make it their own'.
- Using the favorite 'party dance' selected by the class, can you create your own 'variation' of this move? Play 1-2 songs for inspiration and have students experience with the move to see who can come up with the most unique variation of the step. Make it a fun challenge!
- To end the class: if students feel comfortable to share, encourage them to demonstrate their variation on the move to the class. Support and cheer on each student as they share!

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 - 00:35

- Warm Up with the two main Hip Hop grooves- 'Bounce & Rock'
- Learn Hip Hop 'party dances' from different decades and their names
- Learn a short 'combo' of all of the steps you've learned!

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 a Hip Hop Combo!

Duration

50 minutes

Materials

- Open Dance Space
- Stereo for background Music

ACTIVITY 1

Ask the students to reflect and share their thoughts on these topics:

- *How did the workshop experience make you feel?*
- *How can Hip Hop dance be used as a method to express the thoughts and feelings of an individual or a group?*
- *In what ways could learning and performing Hip Hop dance create positive change in a community, in a city, in the world?*

ACTIVITY 2

Exercise I

- Have your class form small groups of approx. 3-4 students and create a short routine (combo) using some of the moves from the workshop as well as some of your own.
- Encourage students to use at least one move from each of the following sources:
 - ONE move from the Pre-Workshop Activity (refer to the video again if needed)
 - ONE move from the Workshop (refer to the recording on eCast)
 - ONE move of their own (that they have either created or learned somewhere else)

Note: *The length of the combo should be about 8 X 8 counts (approx. 30 seconds). A simple formula is to choose 4 moves and repeat for 2 X 8 counts each.*

Exercise II

- Have each group or 'dance crew', perform their routine for the class.
- Encourage students to cheer on and support each dance crew while they perform.

***Recommendation:** If multiple creative spaces are available, we recommended that groups work separately on their combos/routines to avoid being distracted by other groups. This also provides the option for each group or 'crew' to use their own song. However, if space is limited, it's best to choose one song as a class then play it on a loop in the background for inspiration. This will also help to practice the timing and rhythm for the steps they choose to perform.

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