

DANC 158: BEGINNING HIP-HOP DANCE TECHNIQUES

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2021
Credits:	1
Total Contact Hours:	36
Lecture Hours :	18
Lab Hours:	18
Hours Arranged:	0
Outside of Class Hours:	36
District General Education:	E1. Dance Activity
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

Catalog Course Description

A survey of the basic skills of hip-hop dance technique and history. This class provides basic technique, warm-ups, stretching, body control and stamina progressing to hip-hop dance combinations. This class prepares students specifically for occupational dance performance techniques in the hip-hop commercial dance industry. 18 lecture hours, 18 lab hours.

Course Objectives

- Demonstrate a knowledge of the basics of hip-hop dance, including terminology, warm-up and stretching exercises
- Demonstrate an ability to execute jumps, turns and pop and lock combinations to the best of the student's ability as directed by the instructor
- Demonstrate a knowledge of basic hip-hop historical perspectives as it relates to the idiom of hip-hop dance form
- Demonstrate a kinesthetic perception of line, movement, rhythm, and coordination in order to understand the concept of using the body as an instrument of expression

Major Course Content

1. Basic techniques of hip-hop dance in short combinations
2. Chassé and Rhythm slides
3. Pas de bourré
4. Harlem Shake
5. Pivot turn
6. Chainés turn
7. Inside pirouette turn
8. Outside pirouette turn
9. Single tuck jump
10. Pas de chat jump
11. Sauté
12. The relationship between music and hip-hop dance
13. Rhythm
14. Accent
15. Phrasing

16. Choreomusical qualities inherent within the hip-hop dance genre
17. Historical Perspectives and Hip-Hop Culture in the 20th/21st Century
18. Introduction to improvisation: self-creation of movement by exploring levels, shapes and dynamics
19. Overview of origins of style including, but not limited to, prominent hip-hop choreographers, dancers and teachers, specific eras, social dance, and vernacular sub-genres within the hip-hop culture.

Lab Content

1. Warm-up: conditioning for hip-hop dancers, exercises to increase strength, flexibility, aerobic endurance and articulation
2. Push-ups and upper body strengthening
3. Sit-ups and core strengthening
4. Various upper body, back and torso stretches
5. Lower body leg, ankle and metatarsal strengthening
6. Quad, hamstring, and calf stretches
7. Cardiovascular endurance and active stretches
8. Proper alignment during warm-up
9. Basic hip-hop body positions and movement patterns
10. Body Waving
11. Popping (tensing and releasing of specific muscle groups)
12. Port de bras and arm placement
13. Upper body and torso placement
14. Coordination and timing of arms during glides, slides and backslides
15. Leg and ankle placement before, during glides, slides and backslides
16. Isolations
17. Weight change in axial and locomotor patterns
18. Direction change in axial and locomotor patterns
19. Spatial awareness in conjunction with changing facings

Suggested Reading Other Than Required Textbook

Internet Research on Hip-Hop Culture and Artists Music Research on Hip-Hop Music Practicum Study of In Class Assignments, Combinations

Examples of Required Writing Assignments

Research Essay of Hip-Hop Music Research Essay, Presentation of Hip-Hop Artist

Examples of Outside Assignments

Research Presentation of Diversity of Hip-Hop Culture

Instruction Type(s)

Lecture, Lab, Online Education Lecture, Online Education Lab