

DANC 258: INTERMEDIATE HIP-HOP DANCE

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
Prerequisite:	DANC 158.
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 intermediate level skills of hip-hop dance technique and history. This class provides intermediate level technique, warm-ups, stretching, body control and stamina progressing through 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 intermediate level of hip-hop dance, including terminology, warm-up and stretching exercises
- Demonstrate an ability to execute intermediate level jumps, turns and pop and lock combinations as directed by the instructor
- Demonstrate a knowledge of more in-depth hip-hop historical perspectives as it relates to the idiom of hip-hop dance form
- Demonstrate an intermediate level kinesthetic perception of line, movement, rhythm, and coordination, thereby using the body as an instrument of expression

Major Course Content

1. Intermediate techniques of hip-hop dance in short combinations
 - a. Chassé and Rhythm slides, Pique turns, double pique
 - b. Pas de bourré, pas de bouree turns
 - c. Harlem Shake, popping and locking, "crunking", street "floor work"
 - d. Pivot turn, syncopated rhythms.
 - e. Chaînés turn, in demi-plie and releve
 - f. Inside pirouette turn, double and single
 - g. Outside pirouette turn, double and single
 - h. Single tuck jump, axels
 - i. Pas de chat jump, in variation
 - j. Sauté sequences combined with floor work
2. The relationship between music and hip-hop dance
 - a. Rhythm, syncopated rhythms
 - b. Accent

- c. Phrasing, extended sequences
- d. Choreomusical qualities inherent within the hip-hop dance genre
- e. In-depth Historical Perspectives and Hip-Hop Culture in the 20th/21st Century
- f. In-depth improvisation: self-creation of movement by exploring levels, shapes and dynamics
- g. 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 intermediate level hip-hop dancers, exercises to increase strength, flexibility, aerobic endurance and articulation
 - a. Push-ups and upper body strengthening, balance holds
 - b. Sit-ups and core strengthening, core balances
 - c. Various upper body, back and torso stretches, splits
 - d. Lower body leg, ankle and metatarsal strengthening
 - e. Quad, hamstring, and calf stretches
 - f. Cardiovascular endurance and active stretches
 - g. Proper alignment during warm-up
2. Intermediate hip-hop body positions and movement patterns
 - a. Intermediate Body Waving
 - b. Intermediate Popping (tensing and releasing of specific muscle groups)
 - c. Port de bras and arm placement, complex
 - d. Upper body and torso placement, complex
 - e. Coordination and timing of arms during glides, slides and backslides, syncopations added
 - f. Leg and ankle placement before, during glides, slides and backslides
 - g. Isolations, multiple
 - h. Weight change in axial and locomotor patterns
 - i. Direction change in axial and locomotor patterns
 - j. 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