

# DANC 268: INTERMEDIATE 2 HIP-HOP DANCE

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2025
Credits:	1
Total Contact Hours:	36
Lecture Hours :	18
Lab Hours:	18
Hours Arranged:	0
Outside of Class Hours:	36
Total Student Learning Hours:	72
Prerequisite:	DANC 258.
District General Education:	E1. Dance Activity
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter

## Catalog Course Description

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

## Major Course Content

1. Intermediate to advanced techniques of hip-hop dance in short combinations
  - a. Chassé and Rhythm slides, Pique turns, double or triple pique
  - b. Pas de bourrée, pas de bourée turns
  - c. Harlem Shake, popping and locking, "crunking", street "floor work"
  - d. Pivot turn, syncopated rhythms.
  - e. Chaînés turn, in demi-plié and relevé
  - f. Inside pirouette turn, triple, 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, intermediate to advanced
  - b. Accent
  - c. Phrasing, extended sequences
  - d. Choreo-musical qualities inherent within the hip-hop dance genre at the intermediate to advanced
  - 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, including group work
  - 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 to advanced 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 to advanced hip-hop body positions and movement patterns
  - a. Intermediate to advanced Body Waving
  - b. Intermediate to advanced 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, intermediate to advanced
  - g. Isolations, multiple and complex combinations involving various joints and muscle systems
  - 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)**

Lab, Lecture, Online Education Lab, Online Education Lecture