

eXit SPACE

SCHOOL OF DANCE

Basic Hip Hop Fundamentals and Movement Skills Course Syllabus -- Summer Series – 2022

Class Meetings: *Mondays 7:30-8:30pm from June 20 – August 15*
theNEST Studio A – 6600 1st Ave NE Seattle WA 98115

Tuesdays 8-9pm from June 21 – August 16
eXit SPACE Studio Oakland – 1621 12th Ave Seattle, WA 98122

Instructor: *Tyra Kopf (she/her), ADP/YDP Faculty*
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Course Description

Hip hop dance emerged in the late 1960's out of the South Bronx, an economically depressed neighborhood in New York City composed primarily of Black and Latinx families. As a way to connect with one another and distract from racial oppression and poverty, youth in the South Bronx (and later Brooklyn and Harlem) channeled their fear and anger into a new culture of movement and expression, often using vacant lots and abandoned buildings for house parties where the co-mingling of rapping, DJing, B-boying, and graffiti emerged as the pillars of hip hop culture. DJ Kool Herc, a Jamaican immigrant and the "father of hip hop music" invented the break beat, a looped musical interlude meant for dancers (b-boys and b-girls) to show off their respective talents; this invention and Herc's musical/rhythmic contributions of the time made way for a new style of modern movement. Between east coast and west coast dancers, up-rock, breaking, locking, roboting, freestyling, and popping styles began to make waves and – in combination with James Brown's music, the formation of dance crews, and Don Cornelius' creation of the television show Soul Train – Hip Hop dance has since made its way from the streets into the studios.

In Basic Hip Hop, we integrate early hip hop styles and techniques along with influences from jazz and contemporary dance styles. As a new student to dance, you will be guided through the structure of a dance class and the etiquette required of all dancers while in a studio, while learning the nuances of individuality, rhythm, and theatricality. Even though hip hop does not have roots in a studio setting, this series takes a formal and codified approach; classes begin with an aerobic warm up to practice fundamental steps and body isolations with clear dynamics, all the while building the necessary strength and flexibility for full-bodied movement. After warmup and skill building, dancers learn locomotor steps and choreography, advancing coordination, musicality and self-expression so that they may end the session with increased confidence and physical awareness. Throughout this class, students will be presented with ideas and principles of movement as well as the fundamentals of rhythm, syncopation, isolation, freestyle, and individual expression.

Course objectives

(Adapted from St. Olaf College dance dept. and California State University dance dept. syllabus)

1. **Body Awareness:** Explore elements of your unique body, its function and ability.
2. **Coordination:** The ability to efficiently link movement patterning via body/brain connection.
3. **Movement Clarity:** The ability to consistently demonstrate accurate execution of intended movements with energy, shape, and individual style.
4. **Isolation:** Movement of one part of the body independently of the rest
5. **Conditioning:** A balance of flexibility, strength, and endurance.

6. **Memory & Recall:** Increased ability to learn and perform movement combinations in a limited timeframe.
7. **Artistry, Theatricality, and Individuality:** The ability to integrate technical skills with intuition, personal presence, personal style and musicality.
8. **Hip Hop Dance Vocabulary:** Establish a functional language for hip hop dance description as well as a basic understanding of freestyling vs. choreography. Develop a basic understanding of styles such as: uprocks, popping, locking, dimestopping, liquids, breaking, robbing, and krumping.
9. **Historical & Cultural Context:** A general understanding of the roots and pioneers of hip hop dance. Also, learning the foundations and routines within hip hop culture.
10. **Safety:** The ability to execute movement functionally and with spatial awareness so as to reduce the risk for injury.
11. **Have FUN:** This class is for you! Ask questions, offer feedback, and know that above all else the goal is for you to enjoy yourself.

Class Etiquette

Dance classes across the board rely on a fundamental set of etiquette expectations in order to maximize student experience, safety, and class progression:

1. **Be prepared:** Please wear clothing that is easy to move in, similar to workout wear or yoga attire (no tight jeans, please). Keep your hair out of your face and be sure to bring a water bottle! Dancers should wear clean gym shoes for class.
2. **Arrive on time:** Please arrive several minutes before the start of class and avoid entering late. This is for your own safety and to minimize distractions for students who do arrive on time.
3. **Take care of our floor:** The gym shoes used for hip hop class should **ONLY** be worn for class inside the studio. Please do not wear shoes that are soiled. This is both for safety and to protect our floor.
4. **No food:** Gum, candy, and food are not allowed in the studio. Dancers chewing gum will be asked to spit it out.
5. **Get permission:** Please get consent before filming, photographing, or making physical contact with another dancer. If you would like a part of class on video in order to practice, please ask and we will arrange to record it after class with those willing/interested in participating. Please do not share any videos on social media unless you have received explicit consent from everyone filmed.

Injury, Disability, and Physical Integration

eXit SPACE believes that dance is for everybody and every body; your teacher is committed to creating a safe space for students of all physical abilities to explore the joy of movement through modern dance. If you require modifications or physical transpositions due to injury, disability, or comfort that are not immediately offered, please don't be afraid to ask! Most of the time, a series of options will be provided for any given exercise. For some of the people joining us in class, please bear in mind that the most accessible space is a **scent free** space. Please help us create an equitable environment by arriving smelling like only yourself.

Absences & Makeups

Dancers are permitted a maximum of two makeup classes per session to be used within the current session or the session to follow. Makeups are permitted in any basic class or any level-appropriate one-hour drop-in class at eXit SPACE or theNEST. Makeups do not have to be scheduled in advance, but please check in with office staff prior to class so they know you're attending as a Basic makeup.

Recommended Reading

- *Hip Hop Dance (The American Dance Floor)* by Mohanalakshmi Rajakumar
- *Foundation: B-boys, B-girls and Hip-Hop Culture in New York* by Joseph G. Schloss

Welcome to eXit SPACE!