

What Is Hip Hop Dance?

Topic, or Concept, and Goal (if the lesson is part of a learning experience or a unit plan)

This lesson will give students an understanding of what is and is not Hip Hop dance. Many styles of dance have become lumped into “Hip Hop” over the years, but this lesson works to differentiate what dancers in the Hip Hop culture delineate as Hip Hop and what is considered Funk Styles.

Grade

Grades: 9-12

Class

This is a stand-alone lesson, however, it can be included in a cultural dance unit. 90 minutes

State Dance and/or Physical Education (dance) Standards

Nebraska Fine Arts (dance) Standards

FA 12.3.2: Students will apply movement skills in dance.

FA 12.3.2.a: Use a variety of body movements with flexibility, endurance, strength, and proper alignment to develop form and execute dance technique.

FA 12.3.2.b: Apply time, space, weight, and flow to perform dance.

FA 12.3.2.c: Recognize differences and execute technical skills from a variety of dance styles.

FA 12.3.4 Students will apply critical thinking skills to analyze and evaluate dance.

FA 12.3.4.b: Analyze the use of dance elements and choreographic forms and structures in a variety of significant, current dance works for the 21st century.

Nebraska Physical Education (dance) Standards

PE.HS.11.2 Applies knowledge of concepts, principles, tactics, and strategies related to movement and performance to achieve and maintain a health-enhancing level of physical activity and fitness.

PE.HS.11.2.a: Analyzes similarities and differences in various hip-hop dance forms.

PE.HS.11.2.b: Applies dance terminology used to communicate in hip-hop dance.

PE.HS.11.2.d: Performs a hip-hop dance individually or with others.

PE.HS.11.3 Recognizes the benefits of physical activity and exhibits responsible personal and social behavior in a variety of physical activity settings.

PE.HS.11.3.b: Identifies the uniqueness of hip-hop dance as a means of self-expression.

PE.HS.11.3.c: Selects and participates in hip-hop dance that meets the need for self-expression and enjoyment.

PE.HS.11.3.d: Identifies the opportunity for social support in hip-hop dance.

National Dance Society *National Dance Education Standards Framework*

Strand 5 Historical, Cultural, and Social Dance

Standard 5.3 Social dance knowledge and performance

Performance indicator: Student will determine characteristics and qualities of selected social, folk, or current popular dances to arts and society of the time.

Learner Objectives or Outcomes (must include one “real world” objective or outcome for assessment)

Cognitive: Students will be able to define the core elements of hip hop culture and the two styles of dance that make up hip hop dance.

Psychomotor: Students will exhibit a physical understanding of the basic grooves and bounces in hip hop dance by practicing the movements alone and within more complex patterns of movement with 80% accuracy.

Affective: Students will gain awareness of hip hop’s history and culture to better understand how its roots have grown into the party/social dances that define hip hop today. This will be evident by the student’s ability to contribute thoughtful questions and information to discussions and contribute their own personal style to the foundational movements covered in class, while still maintaining the essence of the original style.

Rubric	Exceptional (4)	Accomplished (3)	Developing (2)	Beginning (1)
Psychomotor				
Cognitive				
Affective				

Materials, Resources, Space Requirements, Media and Suggested Music

Teacher:

Computer/Projector
Sound system
Hip Hop music or beats
Handout: Brief Hip Hop Culture & History

Students:

Comfortable clothing to move in
Writing instrument

Resources:

History and Concept of Hip Hop Dance: <https://www.youtube.com/watch?v=EAhRvgkurRM>
or (DVD available)

The Freshest Kids: History of B-boy: <https://www.youtube.com/watch?v=RxoWyGFSGuk>

Advice for dancers & Hip Hop history with Buddha Stretch-Dance Life Magazine:

<https://www.youtube.com/watch?v=AMZ8Hm6KVAA>

Buddha Stretch HHH Part II: https://www.youtube.com/watch?v=tzuracZ0v_M

Vocabulary terms

Hip Hop Dance — Style of dance that originate from Bronx, NY, in the late ‘70s and early ‘80s with break dancing. African American house/social styles of dance are also considered Hip Hop. Improvisation, self-expression, and relationship to Hip Hop music are key features of this style of dance.

Funk Styles — Style of dance that originated from the West Coast, heavily influenced by Funk music.

Urban Dance — Emerged from collegiate dance teams, this term now encompasses choreography that is influenced by urban rhythms. This may include Hip Hop, but also pulls from any other style of dance to help embody the music.

African American Party/Social Dance — Also known as House dance. Started from enslaved people to keep culture alive and has evolved into popular movements that reflect the music and culture through time. Many popular steps became mainstream and were popularized outside of the African American culture.

Dance Lesson Instruction

The **dance lesson instruction sequence** includes **Introduction** or **Warm-up** (time), **Exploratory Experiences** (time), **New Material** (time), **Recap of Learning** (summary) and **Cool Down** (time), **Closure** (time), and **Assessment** (time). Timing of the dance lesson sections may be determined by the teacher.

Each of these instructional topics **may** require **management** (diagrams), **transition** (between each lesson component place and content), **teaching process** (the how), and **teaching points or cues** (technique or music).

Teacher's pre-assessment of the students in class is ongoing observation and assessment throughout the dance instruction sequence.

Warm-up/Anticipatory Set (15-20 min)

Watch video: [Why You Shouldn't Call Urban Dance Hip Hop](https://www.youtube.com/watch?v=JQWJ5Ytr2Qo)

<https://www.youtube.com/watch?v=JQWJ5Ytr2Qo>

Discuss thoughts and reactions to learning that most studio and competition forms of “Hip-Hop” are actually urban dance styles and not Hip Hop.

Potential Questions:

Did you know that Hip Hop is a culture?

What do you know about Hip Hop culture?

What does Moncell Durden mean when he says that mimicking a language's sounds and tonalities without knowing the meaning of the words is like other's calling all styles of urban dance “hip hop”?

What is Urban Dance according to the video?

*Blog mentioned in the video: <https://www.steezy.co/posts/urban-dance-and-hip-hop>

*Important Information: Most of the hip hop community views Hip Hop as breaking and party/social dances (generally from the East Coast) and the West Coast influences of dance as Funk styles (popping, locking, boogaloo). In the larger world of street dances, both coastal styles tend to get grouped together as “Hip Hop.” But, those in the communities view them as separate in order to honor each style's history and lineage. However, Funk and Hip Hop dancers feel

adamantly that calling studio/competition forms of dance “Hip Hop” is incorrect because studio/competition styles only pull urban movement qualities without knowing any of the foundation of the Hip Hop culture. Choreographed movement is different than Hip Hop and Funk styles because it is not rooted in the experience of living Hip Hop music, free styling, and self-expression.

Watch video [7 Facts You Didn't Know About Hip Hop Ft. Jade Soul Zuberi](https://www.youtube.com/watch?v=ogwHu-bOACI) on some quick facts:

Discuss any thoughts that arise from the video

Extra Information:

*[Buddha Stretch - Elite Force Crew - defines REAL Hip Hop Dance](https://www.youtube.com/watch?v=ogwHu-bOACI)

Extra footage from a pioneer: <https://www.youtube.com/watch?v=4iflXfMr78w>

Exploring the Concept (10 min)

Look through Handout: [Brief Hip Hop Culture & History](#)

Teacher talks through the general knowledge in the handout

*Advanced Option: Teacher may choose to have students break into pairs and read through the handout [Brief Hip Hop Culture & History](#). Have students underline information that stands out to them. Finally, have students share their ideas and important information. (resource available at the end of the lesson)

*Highly suggest teacher watch some of the extra educational videos listed in the resource guide so that they have a stronger knowledge of the Hip Hop dance culture and can add information to the presentation.

Developing Skills (45 min)

Watch and practice: 4 Main Grooves of Hip Hop:

<https://www.youtube.com/watch?v=QR1GQRB1vK4>

Learn about the 4 main grooves of hip hop dance

Practice each groove in order to get a sense of its vibe

*Teacher should pause the video after each description and have the dancers feel what an up groove, down groove, bounce groove, and drop groove feels like.

Learning basic foundational steps with instruction:

Basic bounce: https://www.youtube.com/watch?v=F_xK9F9AP48

Step and slide:

<https://www.youtube.com/watch?v=j1uNgYoil08&list=PL7B75FC22327790BE>

March step:

<https://www.youtube.com/watch?v=dStCNK1K4Xo&list=PL7B75FC22327790BE&index=2>

Learn 4 old school Hip Hop moves:

Smurf instruction: <https://www.youtube.com/watch?v=If8dLQcPPv8>

Smurf demo by Buddha Stretch: <https://www.youtube.com/watch?v=NFubPbbOF3g>

Quick discussion:

What kind of groove does this style have? (Up groove, down groove, jump groove, or drop groove) Does it remind you of any other movement?

Reebok instruction: <https://www.youtube.com/watch?v=JY4o6FiXgGQ>

Reebok demo by Buddha Stretch: (start at 1:18)

<https://www.youtube.com/watch?v=SqB6zWQaWV0&t=41s>

Quick Discussion:

What kind of groove does this style have?

Does it remind you of any other movement?

Happy Feet instruction: <https://www.youtube.com/watch?v=S0vC0Yfet-w>

Happy Feet demo by Henry Link: <https://www.youtube.com/watch?v=Z9wYbJyMN14>

Quick discussion:

What kind of groove does this style have?

Does it remind you of any other movement?

Butterfly instruction: <https://www.youtube.com/watch?v=YyLh9N6whwQ>

Butterfly demo by Buddha Stretch & Henry Link:

<https://www.youtube.com/watch?v=DIOS5HncyRA>

Quick discussion:

What kind of groove does this style have?

Does it remind you of any other movement?

*Encourage students to add their own qualities to the foundational movements once they have a strong sense of the basic movements. The easiest way to do this is adding variations to the arms.

Extra Hip Hop Movement from Party/Social Dances:

*All of these are older styles. There are always newer styles coming out to reflect new Hip Hop music being created.

Hip Hop Old School Dictionary:

<https://www.youtube.com/watch?v=RxHj0QMXYL4>

Hip Hop Middle School Dictionary:

<https://www.youtube.com/watch?v=YKZaTupQC0w&list=RDRxHj0QMXYL4&index=3>

Hip Hop New School Dictionary:

https://www.youtube.com/watch?v=_bnLvdPOZpU&list=RDRxHj0QMXYL4&index=2

3 Hip Hop steps:

<https://www.youtube.com/watch?v=U3mCIKLB2Mw>

Evolution of Movement from Jazz to Hip Hop:

<https://www.youtube.com/watch?v=cOUDoEqEuoA>

Creating/Summarizing (13 min)

Divide students into small groups

Students create a short combo including the Hip Hop movements learned from the previous part of the lesson

Teacher walks around to check in with groups and assist where needed

After time limit is complete, teacher turns on hip hop beats.

All groups perform their combination to the music.

Cool Down (2 min)

Teacher quickly recaps on the two aspects of hip hop dance:

Breaking

Party/Social Dances

Teacher quickly reiterates that West Coast styles of street dance are called Funk styles.

*Any other summation that is needed can happen at this time.

Everyone reaches up and take a bow

Everyone claps before leaving the space

Assessment

See rubric and review for informal assessment or use the rubric for formal formative assessment.

All assessment is based on participation for this lesson. A teacher may choose to have a checklist that keeps track of how often students ask questions or contribute information; or, the teacher may simply observe the class to notice who is giving effort and staying engaged in the lesson and who is not.

Modifications (Gifted and talented students)

Students will look through the Brief Hip Hop Culture & History handout and share information from the handout, providing the opportunity for student educators

Do further research about hip hop dance

Create choreography that reflects specific time periods in hip hop social dance

Individual modifications can be made on an as-needed basis

Accommodations (Individuals with disabilities)

More pauses in the video references to discuss and/or physically attempt the concepts being presented

Vocabulary words written or visible for each of the styles of dance

Individual modifications can be made on an as-needed basis

Extensions (Interdisciplinary topics)

Students can continue learning more original Hip Hop party/social dance moves.

Students can do a longer combination involving more Hip Hop party moves.

Students can create a dance that showcases the older Hip Hop movements and the new ones.

Students can watch some of the foundational documentaries.

Have groups show their combinations one at a time while the rest of the class is the audience. (Teacher may choose for the individual group performances to just be practice or they can use a rubric to score the dancers performance ability)

Lesson Reflection and Next Teaching Steps

This lesson introduces students to what Hip Hop dance is within the context of the Hip Hop culture. Students can continue to learn more styles under the umbrella of Hip Hop, such as break dancing or other social dances. Students can also transition into learning Funk styles from the West Coast or looking at contemporary styles of dance that pull from the Hip Hop and Funk Style's aesthetic.

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