

Dance Syllabus

Course Title: Hip Hop FUNdamentals

Instructor: Coach Monte'

Course Description:

In this weekly 9 week class, students will be introduced to the fundamentals of hip hop dance, enhance their rhythmic coordination, understanding of the culture, and build confidence in their dance abilities.

Course Objectives:

To teach students the basic hip hop grooves and moves: bounce, rock, roll, and party moves.

To emphasize the importance of musicality and expression while dancing, encouraging them to add their personalities to the routine.

To create an open cypher environment where students can apply their creativity through freestyle dance to a variety of hip hop tracks.

Course Schedule:

Week 1 and Week 2: Basics and Grooves

- Introduce students to basic hip hop moves and terminology.
- Focus on teaching foundational grooves and body isolations.
- Teach simple combinations to practice coordination and rhythm.

Week 2 and Week 3: Footwork and Transitions

- Introduce more complex footwork patterns and transitions.
- Teach students how to smoothly connect different moves.
- Practice with drills and exercises to improve agility and control.

Week 5 and Week 6: Musicality and Freestyle

- Help students understand musicality in hip hop dance.
- Teach them to dance in sync with different rhythms and beats.
- Encourage freestyle sessions to boost creativity and confidence.

Week 7 and Week 8 : Choreography and Performance

- Teach a complete hip hop dance routine over the course of these weeks.
- Focus on clean execution, synchronization, and stage presence.
- End the class with a performance where students can showcase their skills.

Week 9: Student Showcase

- Final performance: Students showcase their favorite activities, scenes, or skills learned throughout the course

Materials Required:

- Comfortable clothing that allows free movement and closed toe shoes, preferably sneakers.
- To minimize risk of injury, please make sure your student comes on time as the warm-up and stretching exercises will be done within the first 10 minutes of each class.

Assessment:

- Participation in activities and cyphers
- Engagement and effort in group activities
- Progress demonstrated in performances and presentations
- Peer and instructor feedback

Note: This syllabus is subject to change based on the needs and interests of the students and the availability of resources.