

Hip Hop

Hip Hop Moves – The Jack



Let's Learn The Jack

Learn the Jack, a basic move that is a vital foundation of hip hop dance.

What do you need?

- a clear space to warm up and practise in
- comfortable clothes and shoes that allow you to move freely
- a music player and speakers
- at least two tracks from your own, or your classes collection

Let's begin

1. Stand with your feet a little apart and your body relaxed.
2. Bend your knees and straighten up. Feel as through the movement ripples through the body from your feet to your head.
3. Practise this slowly without music until you get the hang of it.
4. Now try it to a slow music track. Repeat it eight times, matching the Jack to the beat.
5. Once you feel comfortable with this movement, introduce a little bounce. The bounce should include every part of your body.
6. Practice makes this movement easier, so repeat it many times to your favourite hip hop tracks.

7. Perform the Jack in a 'Dance Lab.'

Try:

- facing different directions
- stepping out on each Jack
- going slower and exaggerating the Jack
- dancing in a tight group almost touching shoulders
- dancing in pairs
- taking on a personality – a funny, confident, clumsy or cool character

What's a Dance Lab?

- Dance Lab is where you experiment with a movement to see how many different ways you can perform it.
- When you 'Lab' there is no right or wrong, just a sense of play and fun.

Think about it

- When experimenting with the Jack, you tried some things that felt good and some that didn't. What felt good? What did you do to get that feeling? Could you do it again?
- You also saw other people moving at the same time as you. What did you think looked good? Could you try it? Could you ask the other person how they did it or what they were thinking of when they performed the move?