

Hip Hop

An Introduction To Hip Hop



What Is Hip Hop?

Explore the basis of hip hop moves and how they are influenced by the culture of the genre. Try out the basic moves with attitude and conviction and learn how hip hop embraces individuality and helps form strong group connections.

What do you need?

- large, clear space
- comfortable clothes and shoes
- a range of appropriate hip hop music
- equipment for playing and amplifying music
- digital recording device (eg mobile phone)
- computer and editing software
- journal

Let's start

1. Choose an image from those your teacher has placed around the room. The images are of old-school hip hop dancers (from the 1970s and 80s.)
2. Pair up with another dancer and stand in front of an image.
3. Create a still shape that reflects some aspect of the image in front of you – this might be the body shape, the attitude of the person or the gestures used. Your shape doesn't have to be exactly the same; it just has to remind you of the image in some way.

4. Exaggerate some aspect of your shape, making it larger, lower, sharper, etc.
5. Swap places with another pair of dancers and create your own response to the new image in front of you.
6. You have created two shapes. Now create a transition from the first shape to the second (ie shape 1 – transition – shape 2), but avoid just moving from one shape to the next. You can add a turn or a jump, a roll, a reaching action, walk or run.
7. Find two more images and create shapes for each one.
8. Now that you have four different shapes, join them together using transition moves.
9. Try adding your four shapes with transition moves to music.

Did you know?

Hip hop originated in the Bronx, New York City, in the 1970s, when young people from poor backgrounds held street parties to dance to new music played by DJs.

Reflection

- Document your dance sequence in your journal:
- What did you like about your hip hop sequence?
- When looking at other people's sequences, what did you think worked best and why?