

# DANC 18B: INTERMEDIATE HIP-HOP DANCE

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Prerequisite:</b>	DANC 18A.
<b>Advisory:</b>	This course is included in the Social & Cultural Dance family of activity courses.
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area VII: Lifelong Learning
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

## Student Learning Outcomes

- Identify intermediate hip hop dance technique steps and combinations with correct terminology and analyze musical phrasing.
- Perform the intermediate exercises of hip hop dance technique while exhibiting the correct body placement, coordination and flexibility.

## Description

Continuation into the intermediate fundamentals of Hip Hop technique and training. Includes the intermediate vocabulary and practice of isolations and across the floor exercises.

## Course Objectives

The student will be able to:

- perform the exercises of intermediate Hip Hop technique, including warm up and across the floor combinations.
- define the traditional vocabulary of steps in the intermediate Hip Hop syllabus.
- explain the progression and purpose of the specific order of intermediate classroom exercises.
- analyze the historical development of Hip Hop technique.
- increase body awareness and confidence.
- apply the concepts of proper alignment and placement in all exercises.
- recognize Hip Hop as both a physical discipline and an artistic expression.
- appreciate Hip Hop music as an integral part of the technique and experience.

## Course Content

- Historical overview: Jazz, Rock n' roll, Pop Lock, Break dance, Street Funk, House
- Theory of composition: time, space, energy, shape and direction
- Hip Hop dance in relationship to culture: graffiti art, rap, music, fashion
- Studio decorum and procedure
- Preparation for class:
  - Warm-up breath and stretch
  - Isolations

- Footwork
- Body awareness and alignment
  - Center floor barre
  - Stretch
  - Flexibility
  - Endurance
  - Release and contractions
- Demonstration and performance of Hip Hop movement
  - Pop lock
  - Break
  - Street Funk
  - House
- Historical analysis of Hip Hop dance
  - Sources and influences of historical periods on Hip Hop dance
  - Transition from highly specialized movement training to universal form of dance and exercise
- Artistic references
  - Reference to contemporary dance companies and performances
  - Sources and styles of musical accompaniment for Hip Hop class

## Lab Content

- Demonstration and practice of intermediate Hip Hop dance in center floor exercises.
- Demonstration and practice of intermediate Hip Hop dance in across the floor exercises.
- Demonstration and practice of proper body awareness and alignment.

## Special Facilities and/or Equipment

- Dance studio, comfortable exercise clothing and appropriate shoes.
- Audio and sound system.

## Method(s) of Evaluation

- Evaluation of performance skills through the intermediate level.
- Objective exams
- Collaborative learning assignments.
- Written critique of live dance performance.

## Method(s) of Instruction

- Lecture presentations and classroom discussions using the language of intermediate Hip Hop dance.
- Cooperative learning exercises.
- Laboratory and demonstration.

## Representative Text(s) and Other Materials

Ambrosia, Nora. *Learning About Dance*. 7th ed. New York, NY: Kendall Hunt Publishing, 2016.

Tasmin, Fitzgerald. *Hip Hop and Urban Dance*. London: Heinemann and Raintree Press, 2009.

Dyson, Eric Michael. *Know What I Mean: Reflections of Hip Hop*. New York, NY: Perseus Books, 2007.

## Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

- Written critique of live dance performance.

B. Optional writing exercises based on recommended reading.

## **Discipline(s)**

Dance