

**Activity: The Hip Hop Story****Theme: Dance knowledge, Dance skills****Elements of dance: body, time, dynamics, relationships**

Hip Hop music is synonymous with the dance style and fashion. Hip Hop music is inseparable from Rap – which is slang for conversation. Other elements include beat boxing (vocal percussion) and “scratching” by a DJ. Hip Hop started in the 1960’s in the Bronx, New York City. The DJ, Kool Herc, is attributed as the “father of Hip Hop”.

1. As a class, view the clip, *Hip Hop*, and explain to students that Hip Hop is a dance style that has many cultural influences. Ask students to nominate what they see as these influences.
2. As a class, search for photographs, illustrations or videos of Hip Hop cultural styles. The images could include people, clothing, places, design or graffiti. Explain that each picture tells a part of the Hip Hop story and ask individual students to explain what they feel the pictures are about. Use these websites for reference:
  - a. A Google image search on “Hip Hop”
  - b. [Mr Wiggles, Hip Hop History](#)
  - c. [Phunktional](#)
3. To begin, warm up the class with a physical activity. Then, as a class, select 15 images of dance poses and freezes (don’t select too many difficult moves. If you do, the less physically capable students will have less material to draw from). Print these images and place them in a circle. Have students stand in front of an image and either copy it or create a pose that is similar to it (each image should contain one of the Hip Hop elements, i.e. folded arms, etc.). The students rotate around the circle until they have 3-5 Hip Hop poses or moves in their ‘style bank’. The students can use **Student Activity Sheet E7.1: Design Hip Hop Choreography 101** to document their choices. Students then form small groups consisting of 2-4 with their class mates.
4. Investigate and make a list of suitable Hip Hop music. As a suggestion, use *Organ Donor* by DJ Shadow, *Parents Just Don’t Understand* by Will Smith, *Gettin’ Jiggy Wit’ It* and *Switch* by Will Smith, *Trust and Believe* by Mark Universe.

**Activity: The Hip Hop Story**

5. Allow the students 10–15 minutes to combine movements/poses they have selected to create one phrase of eight counts that can be performed to a selected piece of music. Have them select from the same style bank to create four more 8-count phrases. Some movements and poses will be repeated. Students can vary the moves by holding them longer, changing their level or the quality (i.e. from strong to soft, etc.) to form a dance of roughly 30 seconds.
6. Have students practice in their small groups and then perform to other class mates.

**Download**

- Student Activity Sheet E7.1: Design Hip Hop Choreography 101

**Useful resources**

- [Ausdance Factsheet 7, Safe dance floors](#)
- [Ausdance Factsheet 13, Safe spaces for dance](#)
- [Ausdance Factsheet 11, Producing a dance performance](#)
- [Mr Wiggles, Hip Hop History](#)
- [Phunktional](#)
- [Mike's Moves](#)
- [YouTube, Urban Dance Channel: Hip Hop, Harry Potter](#)

NAME: .....

Student Activity Sheet:  
Activity:

E7.1  
The  
Hip  
Hop  
Story

Episode 7:  
Clip:

Crush Test Dummies  
Hip Hop

## Design Hip Hop Choreography 101

Hints and tips to make your dance wonderful.

Document the 3-5 Hip Hop moves/poses that you have selected for your style bank in the table below:

<p>Movement Name:</p>     <p>Descriptive words</p> <p>1. _____</p> <p>2. _____</p>	<p>Movement Name:</p>     <p>Descriptive words</p> <p>1. _____</p> <p>2. _____</p>
<p>Movement Name:</p>     <p>Descriptive words</p> <p>1. _____</p> <p>2. _____</p>	<p>Movement Name:</p>     <p>Descriptive words</p> <p>1. _____</p> <p>2. _____</p>

Movement Name:

Descriptive words:

1. \_\_\_\_\_

2. \_\_\_\_\_

Think about the transition from one pose to the next. Some ways to transition include:

- spin
- bounce
- fall
- walk
- slow motion
- one person at a time
- snap into the pose
- move like a robot
- Be like a puppet and someone puts you into a pose.
- Move one body part at a time, i.e. Head, shoulders, arms, hips, legs.

Can you think of any other ways to transition between poses?




Once you have created the links between all the poses, try to play with the choreography some more, to make the dance a bit longer. Some ways to 'mix up' your choreography include:

- Make half the people swap their right and left, so it looks like a reflection of the other half
- Make some people get closer to the floor and some people higher up
- Make everyone hold a pose while one/two people jump/fall.
- Make everyone the same.
- Make everyone different.
- Repeat a move.
- Repeat a move while one person does something different.
- Hold a pose (someone could do something different again).
- Speed up the moves, or slow them down.

This list could go on forever! Think of some of your own while creating your dance.

What happens if you add some special touches? Like:

- Adding a shout like 'yeah' or 'whoop' or any other relevant noise.
- Adding details like choreographed head/eyes/mouth/etc. movements.
- Adding an emotion to the dance from your faces to your whole body- i.e. happy/angry.
- Listen carefully to the music. Do you hear any one-off interesting noises? Try making an impressive move in time to the music.
- Add some choreography that includes your clothes somehow.
- Try doing something interesting with your clothes to start with, i.e. one pant leg up.

Be as original as you can with all of these to make your dance as original as possible.