

Unit:

Hip Hop Dance

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Teacher Observations

Pat Dye

Description of Educational Facility:

Science Skills Center High School for Science, Technology & the Creative Arts (SSCHS) is located in an urban environment in the borough of Brooklyn, in New York City. The primary demographic population is of African, Caribbean, Hispanic, and Asian heritage. It is an educational facility that revels in differences of cultures and supports the arts in all its forms. Dance is an integral part of this community. The students who select dance are not only academically advanced but are also curious and adventurous, eager to explore a mode of expression that utilizes one's body. As a result of their involvement in dance they become lifelong learners and supporters of the arts.



About ten percent of the students who have entered the program have had some prior dance experience. The focus of the dance program is to have it student-run. The program operates like a dance company with administrators who manage the company(s)/department(s) with school elders, teachers, administrators, parents, and professional dancers/artists. The dance program is a fully integrated and functional part of the educational creative community at Science Skills.



Unit:

Hip Hop Dance

Overview continued

Teacher:
Patricia Dye

School:
Science Skills
Center High
School, Brooklyn

Grade Level:
9 - 12

Sessions:
6 weeks (five
45-minute
sessions per
week)

Blueprint Strands Addressed

Dance Making:

Students will develop skills and techniques; apply and create choreographic principles and structures.

Developing Dance Literacy:

Students will understand dance as a means of expression and communication; identify and compare dance styles, genres, major works and artists.

Making Connections:

Students will understand dance history and the social and cultural significance of dance.

Community and Cultural Resources:

Students will use dance research resources .

Careers and Lifelong Learning:

Students will set and work toward goals; understand the value of dance as a source of enjoyment and lifelong learning.

Big ideas of this Unit

- Creating work based upon Hip-Hop techniques (Tutting, Pop n Lock, etc.) and reflecting upon the process can deepen our understanding of dance.
- BCreating dances collaboratively builds community and develops lifelong learners.
- Visual aids (instructor modeling and technology) can assist in dance learning and instruction.

Project Description

What will students do in this unit?

Students will:

- Physically explore and understand culture through Hip-Hop dance styles
- Develop rhythmic skills, create movements and expand movement skills through creating and learning a structured Hip-Hop dance
- Contribute composition and character to their own section of the dance choreography

Instructional Goal

- Students will experience dance making in a cooperative group mode

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Indicators of Student Learning

Students will know:

- Hip-Hop vocabulary/terminology and demonstrate a range of Hip-Hop techniques and styles
- Choreograph and create dances, using a range of choreographic devices and describe and deconstruct dance phrases using the elements of dance

Students will be understand:

- Dance as a means of expression and communication
- Hip-Hop's place in dance history and its social and cultural connections

Students will be able to:

- Work and rehearse independent and in a group setting
- Value dance as a source of enjoyment and lifelong learning
- Analyze, critique and evaluate original Hip-Hop movements

Pre-Assessment/Planning

What activities can I do to assess students before teaching this unit?

Have I taught these students before? YES

What do students already know and understand about this area of Dance Making?

- They have worked cooperatively in groups in the spring semester
- They have analyzed the lesson plans of the various Hip-Hop dance styles. They have been taught units in several styles of dance: Modern, Ballet and African.

What skills related to this unit have students already developed?

- They have revised previous choreographic dance movements and sequences
- They have worked and performed in a group
- They have evaluated/critiqued themselves

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Unit Assessment Strategies

What is the evidence of student learning?

Self-Assessment

- Individually or in their groups, students will perform a given movement concept
- During the choreography dance sequence students will pause and evaluate what they like or dislike and how they can make it better

Peer Assessment

- (Formative) Students will observe each other's choreography and provide feedback
- (Summative) Students view their dances on video and rate each group according to a rubric that was created by the teacher with the students' input
- Critical protocol – when you are evaluating someone else's dance, it is important to do it in a helpful and kind way, focusing on the positive, not on the negative (i.e. constructive criticism)

Teacher Assessment

- Daily lesson log noting what actually occurred (reassess)
- Strategies for next sessions

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Objectives:

- Students will physically explore and understand culture through dance. They will develop rhythmic skills, create original movements, and expand their movement skills in learning a structured dance.
- Students will develop self and body awareness, and a sense of total involvement in the dance learning experience.
- The unit will create a bridge between the rich artistic culture of Hip-Hop dance, and provide unique experiences that use both the new and traditional tools of communication for interpretation and presentation of a dynamic, innovative and welcoming learning experience.
- Students will learn and revise a Hip-Hop dance.
- Goal for this unit of study: To experience Hip-Hop's unique style of movement, by learning basic partnering skills; creating fluid, constantly shifting shapes together; beginning with moving into shapes, then moving through shapes; taking turns moving each other and moving simultaneously; responding to each other's movement and going with the momentum of that movement into "controlled abandon" – fully physicalized dancing.

Historical context / Background information:

Origin of dance area of study: South Bronx, New York

Local History: In the 1970s the Bronx, especially the South Bronx, was struck hard by poverty, tenement slums and a lot of violence. Gang violence in particular plagued the South Bronx. As a way to escape this reality people began rejoicing in the streets. These were later known as block parties. There was fun, food, and music provided by DJ's. As the scene developed, DJ'ing would lead into the other four elements of Hip-Hop, thus creating the five elements of Hip-Hop.

The five elements of Hip-Hop: DJ'ing, Breakdancing, MC'ing, Beatboxing and Graffiti "Art"

The dance: Tutting, Miming, Breakdancing & Pop-n-Lock

The Message: Learned to further understand the early days of Hip-Hop

Clothing, regalia: Congo hats, kangal hats, funky big shades, gold rope chains, long blazers, white gloves, tight jeans, track suits, four-fingered rings. Footwear: Pro Keds, Adidas, Converse, Rejects, and Pumas. funky colors, afro-centric colors. Hair styles: high fades with one or multiple parts in the hair; jerri curls; huge afros

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Overview *continued*

Learning Experiences					
	<i>making</i>	<i>literacy</i>	<i>connections</i>	<i>resources</i>	<i>careers</i>
■ Physically explore and understand various Hip-Hop dance movements	◆		◆		
■ Develop rhythmic and movement skills in learning a structured dance	◆				◆
■ Each small collaborative choreography group will decide upon the style, dance sequence and segments for their group movement theme	◆	◆			
■ Develop self and body awareness and a sense of total involvement in the learning experience	◆				◆
■ Create a bridge between the rich artistic heritages of Hip-Hop, Modern, Ballet and African dance styles	◆	◆	◆		
■ Read articles on Hip-Hop and view videotapes of Hip-Hop artists; creative response in writing or another art form		◆	◆	◆	
■ Learn original choreography and revise the Hip-Hop steps to create new dance composition	◆	◆			
■ Create and revise costumes for male and female dancers		◆	◆		
■ Questions, comments, self and group assessments		◆	◆		
■ Utilize the <i>Blueprint</i> glossary of dance terminology		◆			
■ Videotape and view original dance compositions		◆	◆		
■ Performance with peer-facilitated sharing and critique using an etiquette	◆	◆			

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Assessment Worksheet

What do I currently do to assess student learning?

- Peer observation and feedback
- Rubric checklist for final written assignment (group and self assessment)
- Journal writing (all classes)
- Video documentation
- Informal questioning from week to week to assess memory of experience and materials
- Exit written critique
- Unit Quiz
- Selected students become facilitators for the group project instructions

What other assessment activities and tools might I use?

- Dance Handbook with Rules and Regulations
- Student contract and contact information with consent forms
- Student biography
- Student performance level and growth rubric
- Student choreographic skills (other tasks requiring application of skills)
- Student presentation skills (live performance, video documentation, student self-critique)

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Week One & Week Two

Materials:

Handouts: Hip-Hop dates and excerpts from Hip-Hop authors

Music:

Hip-Hop music to be played throughout the warm-up segments (old school to present-day artists). DJ Kool Herc music to Michael Jackson moves.

Warm-up

- Fitness based warm-up for strength and flexibility to perform particular Hip-Hop styles and techniques.
- The warm-up incorporates every muscle that is being used, from the head to the feet. The movement used in the particular dance being taught determines the warm-up movement sequence.

Center floor - Sitting and standing segments:

A. Stretching: neck, shoulders, arms, back. Push-ups, abdominal sit-ups and crunches, lunges, squats, abductor and adductor. Main movements: walks, runs, skips, jumps, rolls and gestures.

B. Practicing the Hip-Hop combinations and feet pattern used in that style of dance

Development

- Modifications: Across the floor, practicing the step from center floor and dance combinations.
- Dance styles taught for the first two weeks: Tutting, Miming, Breakdancing & Pop-n-Lock

Elaboration and Discussion

- Review important dates in Hip-Hop history in the early 1970's, read "Do-Now" handout materials and excerpts from Hip-Hop articles
- Discussion

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Week Three & Week Four

Materials:

Videos of Hip-Hop Pioneers

Music:

Variety of Hip-Hop music from the 1970's to current, both instrumental and with lyrics. Music with lyrics must be chosen carefully for appropriate content.

Warm-up

Additional warm-up is based on the Dunham technique, and incorporates dance movements used in the choreographic movement sequence being taught each day.

- Basic ballet and modern dance stretches and leg warm-ups using terminology: e.g., plié, relevé.
- Barre using Katherine Dunham technique to warm up the back and pelvis: flat backs, rolls, contractions, pelvic and joint isolations.
- Introduce some freestyle movement and Hip-Hop transitional movements in a warm-up series.

Development

- Practice the foot pattern used in this style of dance.
- Practice upper body alternation of arm movements.
- Body rolls that encompass fall and recover techniques used in Hip-Hop dance.
- Legwork and footwork: pliés, leg swings, heel presses, small jumps using plié and relevé consciously.

Elaboration

- Add new elements to the dance styles and techniques introduced during the first two weeks.
- View video footage of Hip-Hop pioneers.

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Week Five & Week Six

Materials:

Rubric and checklist for group Dance Making.

Music:

Variety of Hip-Hop music from the 1970's to current, both instrumental and with lyrics. Music with lyrics must be chosen carefully for appropriate content.

Warm-up

- Continue ballet and modern standing warm-up, Dunham barre, Hip-Hop center

Development

- Traditional activities: Peer-teach and review steps from the combination with a partner
- Working in a group setting: Students assist each others' execution of steps, which include balance moves.
- Breakdancing: Students practice freezes and the Zulu spin. Criteria: equilibrium and steadiness.
- Modifying a phrase of movement: Students execute steps from the Hip-Hop combination individually, modifying them to relate to their favorite Hip-Hop style.
- Peer Observation: Observe classmates and discuss their performance in relation to Hip-Hop history, excerpts from articles.

Elaboration

- Students rehearse their original Hip-Hop dance segments, combining them into a group study.
- Peer Observation: Students watch and discuss the groups' short original Hip-Hop studies.
- Students make a creative response to viewing the studies, ie; a short review, a collage, a drawing, a poem of rap, etc. They have two weeks to complete this assignment and present it in class.
- Reflective discussion on these creative responses to movement styles.
- With a partner, students try to recreate their own version of movements that they saw in their classmates' short Hip-Hop studies.

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Study Unit Evaluation Session

Extension task if time is available

Performance Study:

What Hip-Hop dance concerns and aspects of these lessons interest you? Apply the basic elements of dance—space, time, energy and intent—as a lens for inquiry into a work. Select **one** of the elements to serve as the primary key for inquiry. Investigate one of the following aspects:

- Partnering, communication without words: How do dancers do this and why is it important?
- Controlled abandon in movement: What does this mean and why is it important to dance?

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Hip-Hop Vocabulary List

1. DJ'ing	2. Breakdancing
3. MC'ing	4. Beatboxing
5. Graffiti	6. Break Beat DJ'ing
7. Toasting	8. TopRock
9. UpRock	10. DownRock
11. Krumping	12. Harlem Shake
13. Snap Dancing	14. Clown Walk
15. Heel toe	16. 1, 2 Step
17. Shoulda lean	18. Hoola Hoop
19. Chicken Noodle Soup	20. Tone Wop

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Important Names in Hip-Hop

1. DJ Kool Herc	2. GrandMaster Flash & The Furious Five
3. Busy Bee	4. The Hurculoids
5. SugarHill Gang	6. Rock Steady Crew
7. Kurtis Blow	8. Slick Rick
9. Dougie Fresh	10. Kid Frost
11. MC Shan	12. Kool Moe Dee
13. Krs One	14. Fab 5 Freddy
15. Run D.M.C	16. Big Daddy Kane
17. Eric B & Rakim	18. Beastie Boys
19. The Fat Boys	20. Biz Markie
21. EMPD	22. Public Enemy
23. De La Soul	24. A Tribe Called Quest
25. Jazzy Jeff and The Fresh Prince (Will Smith)	26. Lee Quinines
27. Afrika Bambaataa & The Zulu Nation	28. LL Cool J
29. Ultramagneticmc's	30. Mr. Wiggles
31. Crazy Legs	32. Rahzel
33. Taki	34. The Last Poets

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Important Dates In Hip-Hop

1. The early 1970's sees the emergence of Hip-Hop.
2. 1972: DJ Hollywood starts rhyming over disco hits. The term "Hip-Hop" is coined by Lovebug Starski.
3. Afrika Bambaataa forms the Zulu Nation, a vast group of MC's, breakdancers, DJ's, graffiti artists, former gang leaders, and public rights activists. He later defines Hip-Hop as having five categories (Five Elements of Hip-Hop).
4. DJ Kool Herc coins the phrase "break boy" which would later become "b-boy" or "breakdancer". This term described dancers that would dance during the breaks in the song using a variety of acrobatic moves to dazzle the crowd. Thus breakdancing is considered the cornerstone of Hip-Hop.
5. 1977: Rock Steady Crew is started. Record scratching is invented.
6. 1978: MC'ing takes front stage and becomes the main attraction of Hip-Hop.
7. 1979: Kurtis Blow is the first Hip-Hop artist to be signed to a major record deal. The Sugarhill Gang Releases "Rappers' Delight". This was Hip-Hop's first mainstream rap hit.
8. 1980: Kurtis Blow releases his single "The Breaks", the first Hip-Hop single to go gold.
9. 1981: The first official rap video to be produced, called "Magic's Wand".
10. 1982: The hit rap song "The Message" is made. "Wildstyle" the movie is also made. This movie displayed Hip-Hop culture from Graffiti to MC'ing, Breakdancing, DJ'ing. It also displayed a realistic view of New York which was shrouded by a different image. Run D.M.C is also formed by Russell Simmons.
11. 1983: Run D.M.C releases "Sucker MC's/It's Like That", with hard aggressive rhymes. This signaled the end of the old school Hip-Hop era. They were also the first rap group to have consistent air time on MTV.
12. 1984: Mister Magic Marley Marl inadvertently invents electro. The films "Breakin" and "Beatstreet" were released with the Hollywood blitz for producing Hip-Hop movies. Russell Simmons meets a college kid by the name of Rick Rubin who was fascinated with rap, and together they form Def Jam out of Rubin's NYU dorm room apartment. Def Jam hears the underground sound of a young DJ named Chuck D. Later he would become the leader alongside Flava Flav to make Public Enemy. Def Jam releases its first single, "It's Yours".
13. 1985: Boogie Down Productions formed by Scott La Rock and Kris Parker. Dougie Fresh releases his classic single "The Show" and joins forces with another rapper, MC Ricky D a.k.a Slick Rick. Run D.M.C releases their second album "The King Of Rock". 16-year-old LL Cool J releases his debut album "Radio", the first album to be released by Def Jam. Def Jam releases their own movie chronicling the life of Russell Simmons and the creation of Def Jam featuring an all star cast of some of the biggest rappers.

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Important Dates In Hip-Hop *continued*

14. 1986: Queensbridge native MC Shan, alongside superstar producer Mister Magic Marley Marl, produce the hit "The Bridge" where Shan arrogantly states that Queensbridge is the new home of Hip-Hop. This would fuel the response "The Bridge Is Over" led by the Boogie Down Productions and their Main MC Krs One. This is considered rap's first main "beef". Run D.M.C releases their third album "Raising Hell", which was an instant success due to Run's "collabo" hit with Aerosmith "Walk This Way". This became a huge cultural milestone and would make the album multi-platinum.

Hip-Hop's first white group, The Beastie Boys, releases their debut album "License To Kill" from the Def Jam recording label. This would become the best-selling rap album of the decade. LL Cool J's "Radio" becomes certified platinum under the Def Jam recording label, making it the number one premiere record label. Eric B and Rakim, a new rap duo, release their first single "Eric B Is President". Rakim's clever wordplay and complex rhyming scheme usher in a new era of MC'ing. Run D.M.C are the first rap group to be nominated for a Grammy. Salt N Pepa emerge. Public Enemy gets signed to Def Jam.

15. 1987: Public Enemy release their critically acclaimed debut album off the Def Jam label, "Yo! Bum Rush The Show". Salt N Pepa releases their single "Push It" which reaches number 19 on the pop charts. It was also nominated for a Grammy. Ruthless Records is started by Eazy E, who recruits renowned producer Dr. Dre and up-and-coming MC Ice Cube. Eric B and Rakim release their second album, "Paid In Full". Ice-T releases his debut "Rhyme Pays". He was the first West Coast MC to get major attention with his single "Six In Da Mornin" using harsh rhymes and a hard, explicit depiction of street life and a lifestyle of drugs and crime. This would lead into what is known as "Gangsta Rap". Philly duo Jazzy Jeff and the Fresh Prince (Will Smith) debut with "Rock The House" with their fun, humorous style of rap and videos. They become instant favorites on MTV and the album would go on to become gold. N.W.A is made from the failure of Eazy-E's former group H.B.O. N.W.A is made up of Eazy-E, Dr. Dre, Ice Cube, Dj Yella, and MC Ren. MC Hammer debuts.

16. 1988: Eric Sermon and Parish Smith, known as EPMD, release their debut album "Strickly Business". They are one of the most celebrated rap groups in Hip-Hop history. Scott La Rock, co-founder of Boogie down productions, is gunned down. His partner Krs One rallies against violence and takes an anti-gangsta rap approach. MC Lyte becomes the first hardcore rap female to get signed to a major record label. Public Enemy releases their second album, "It Takes A Nation Of Millions to Hold Us Back", with their hard funk layered format and politically charged sound. Critics hail it as a Hip-Hop landmark. Ice-T's album "Power" becomes the first album to have the parental advisory warning on it. After hearing an underground single Afrika Bambaataa recruits New Jersey native Queen Latifah. N.W.A releases their hardcore album "Straight Outta Compton". This would open the door for fellow West Coast rappers. Run D.M.C releases their follow up to "Raising Hell", titled "Tougher Than Leather", and they also produce a movie. Both are huge successes. Jazzy Jeff and The Fresh Prince (Will Smith) release their second album, "He's The DJ, I'm The Rapper" boosted by their single "Parents Just Don't Understand". The album sells over 2.5 million copies. Controversy over the N.W.A song "**** Da Police" sparks a heated battle in which the F.B.I warns the group about their content.

17. 1989: Public Enemy releases their third album "Fear Of A Black Planet". Member Professor Griff is released from the group after making anti-Semitic remarks in an interview. Rap gets its own category at the Grammys though it is not televised. This sparks a boycott of the Grammys. Jazzy Jeff and The Fresh Prince (Will Smith) go on to win Rap's first Grammy. Queen Latifah releases her

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Important Dates In Hip-Hop *continued*

first album "All Hail The Queen", praised for its positive outlook and strong pro- feminist stance. Krs One organizes an anti-violence movement which would be later become a video, "Self Destruction". Later L.A would join the cause, producing a similar video titled "We're All In The Same Gang". Ricky D a.k.a Slick Rick releases his solo debut "The Adventures Of Slick Rick" on the Def Jam label with a gift for clever laid-back rhymes. He is dubbed the best story teller in rap Hip-Hop history, elevating him to the top of Hip-Hop MC's. Ice Cube leaves N.W.A due to a financial dispute with owners Eazy-E and Jerry Heller. De La Soul, a rap group from Long Island, releases their debut album "3 Feet High & Rising" on the Tommy Boy Records. Their style is a vast mixture of funk, country folk, and mainstream soul, using a unique type of wordplay. They are deemed the future or new breed of Hip-Hop. After a long and bitter leave from Def Jam, The Beastie Boys release their sophomore album "Paul's Boutique". Rick Rubin Leaves Def Jam and creates Def America.

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Hip-Hop Dance Vocabulary

Old Styles	New Styles
1. Breakdancing	1. Krumping
2. TopRock	2. Harlem Shake
3. Snap Dancing	3. UpRock
4. DownRock	4. Blood/Crip Walk (do not teach: for historical inquiry purposes only)
5. Pop n Lock	5. Clown Walk
6. Voguing	6. Heel Toe
7. Miming	7. 1, 2 Step
8. Tutting	8. Shoulda Lean
9. Hoola Hoop	10. Chicken Noodle Soup
11. Tone Wop	

