

Hip Hop Team Requirements

All hip hop teams will be placed based on the level of technique each dancer displays while performing a variety of hip hop combinations, isolations, freestyle and freezes. The strength and sharpness in their movements will be highly taken into consideration when placing girls on hip hop teams. Hip Hop teams will be forty-five minute teams that meet once a week. Ballet attendance will be crucial. One hour or two hours of ballet a week will be required based on the level of hip hop team.

Skills to be observed during weekly summer classes in our July session: Dancers do not need to be able to do all skills listed in each section. The more skills they are able to do with correct body placement, arm placement and technique will have them placed on a higher level of hip hop team.

Isolations:

Ability to move parts of the body independently while keeping the rest still

Upper body isolations-head, shoulder, ribs, chest

Lower body isolation-hips

Freestyle:

Dancers will be evaluated on ability to freestyle with confidence and creativity

Recognize beat/rhythm to any style of music and improvise with correct hip hop technique

Freezes:

Baby freeze

Chair freeze

Handstand freeze

Turtle freeze

Hip Hop Dance: (dancers will learn dances during their summer classes)

Musicality

Strength, sharpness and correct arm and body placements

Personality and spunk in the face while performing Dancing with correct technique throughout the dance

Exhibit different level changes throughout dance