

COURSE OUTLINE

**DANCE 124
HIP-HOP**

I. Catalog Statement

Dance 124 provides students with practical experience in current hip-hop techniques such as popping, locking, and ticking. Through exercise and discussion the course emphasizes the development of coordination, strength, cardiovascular fitness, and rhythm necessary to meet the demands of high intensity performance skills in the popular street dancing trends. The students are also encouraged to develop individual interpretation and personal style indigenous to this dance form.

Total Lecture Units: 1.0

Total Lab Units: 0.5

Total Course Units: 1.5

Total Lecture Hours: 16.0

Total Lab Hours: 24.0

Total Faculty Contact Hours: 40.0

Prerequisite skills: None.

II. Course Entry Expectations

Skill Level Ranges: Reading 5; Writing 5; Listening-Speaking 5; Math 1.

III. Course Exit Standards

Upon successful completion of the required coursework, the student will be able to:

1. identify and define basic hip-hop dance terminology;
2. demonstrate the coordination, strength, cardiovascular fitness and rhythm required to execute the technical aspects of hip-hop dance;
3. discuss developments in popular pop dance cultures;
4. perform beginning, and intermediate hip-hop combinations.

IV. Course Content

Total Faculty Contact Hours=40

- A. Introduction to the Street Dance Culture
1. Demographics as an influence
 2. Multi-Ethnic growth and development

Lecture: 4 hours

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| B. Safety | Lecture: 4 hours – Laboratory: 2 hours |
| 1. Body alignment | |
| 2. Breathing | |
| C. Warm-up and Conditioning | Lecture: 2 hours – Laboratory: 2 hours |
| 1. Cardiovascular strength | |
| 2. Muscle strength | |
| 3. Flexibility | |
| D. Technical Skills | Lecture: 2 hours – Laboratory: 7 hours |
| 1. Coordination (legs, arms, head) | |
| 2. Turns and spins | |
| 3. Jumps | |
| 4. Linking steps | |
| E. Development of Movement Vocabulary | Lecture: 2 hours – Laboratory: 7 hours |
| 1. Locking | |
| 2. Jerking | |
| 3. Rocking | |
| 4. Freezing | |
| 5. Popping | |
| 6. Boogaloo | |
| 7. Strut | |
| 8. Clime Stop | |
| 9. Wave | |
| 10. Tick | |
| 11. Twisto-flex | |
| 12. Slides | |
| 13. Roboting | |
| F. Performance Skills | Lecture: 2 hours – Laboratory: 6 hours |
| 1. Focus | |
| 2. Dynamics | |
| 3. Rhythm | |
| 4. Presentation | |
| 5. Individual interpretation | |
| 6. Personal style development | |

V. Methods of Instruction

The following instructional methodologies may be used in the course:

1. classroom lecture and demonstration;
2. body conditioning;
3. dance step and combination practice;
4. videos and multimedia presentations;
5. in-class critiques, done individually and in groups.

VI. Out of Class Assignments:

The following out of class assignments may be used in the course:

1. attendance at GCC Dance Department performances;
2. on-line research of the genre;
3. written evaluation of the performances attended.

VII. Methods of Evaluation

The following methods of evaluation may be used in the course:

1. movement exams;
2. class participation in critiques, analysis, and evaluation of dance performance;
3. written exams;
4. written essays;
5. final exams.

VIII. Textbooks

Craine, Debra and Mackrell, Judith. *The Oxford Dictionary of Dance*. New York:Oxford University Press, 2010.

12th Grade Textbook Reading Level. ISBN: 0199563446.

IX. Student Learning Outcomes

Upon successful completion of the required coursework, the student will be able to:

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