



**Los Angeles County
Office of Education**

Serving Students ■ Supporting Communities ■ Leading Educators

STUDY GUIDE

ALL IN: SAFE AND WELCOMING SCHOOLS

Series 7:

The Art of Freestyle Hip-Hop Movement

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No Easy Props

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VIDEO 3

THE ART OF FREESTYLE HIP-HOP MOVEMENT

STANDARDS

CA VAPA Dance

<https://www.cde.ca.gov/be/st/ss/documents/vapadancestds.docx>

WHO WE ARE

No Easy Props is a nonprofit Hip-Hop arts organization whose mission is to preserve and proliferate Hip-Hop culture for community benefit and pro-active youth development. We provide events and programs for the community to learn and communally engage in and practice the art forms of Hip-Hop.

No Easy Props Hip-Hop Art's Organization would like to take you on a journey, an experience of freestyle movement that led to the creation of Hip-Hop dance.

INSTRUCTOR GUIDE

What is Hip-Hop and how does it work?

Hip-Hop is a folk arts culture created in the South Bronx, NY, in 1973. It consists of 4 art elements including: Breaking, Deejaying, Rapping, and Graffiti Art.

Hip-Hop was created by African American and Afro-Caribbean teenagers living together in the South Bronx borough of New York as a form of self-expression, agency, identity and community activity.

Hip-Hop has technique and form that is teachable, yet each person being unique will do it differently, and that is what gives a person their own "style."

Freestyle = unique to each person, improvised movement

This aspect makes each of us original and different from each other.

Style and originality are two hallmarks of Hip-Hop culture.

- Begin with a stretching series of yoga sun salutations
- Instructor plays a song and encourages a safe for movement exploration
- Note awareness of body and space
- Give 2 mins for basic 2 step before moving on
- Remind the students to stay relaxed so their arms are moving

The Lesson

Take a few minutes and put on a song and explore how your body responds to the music.

This is your moment, and you are solely focused on you.

Note what is happening, which parts of your body are naturally in rhythm with the music.

Now that you have loosened up and released any tension we are ready to break down a basic dance called the 2 step.

This will help us keep in time with the music. (be on beat)

2 step, Instruction:

Basic 2 step: just step side to side, starting with one foot, stepping the other foot to meet it and then repeat on the other side.

Variation:

Front to back 2 step: step out to the front, let the other foot step forward to meet it; then step back and let the other foot meet it.

What are your arms doing? Are they in motion, naturally bending and possibly moving back and forth?

Put on a few different songs and practice keeping time with the music staying on beat while doing the 2 step and variation.

Now let's bring some Hip-Hop into the mix and introduce the basic Toprock step of the traditional dance of Hip-Hop (1st dance) called Breaking.

The Toprock is a variation of the 2 step.

Top = movement standing up

Rock = rocking your body back and forth, initiate from your waist

Toprock Lesson:

- 1 - Step forward diagonally in front of your back foot. Leaning forward on your front leg and lifting your back heel off the ground as you open your arms.
- 2 - Step back to the center and cross your arms.
- 3 - 4 Repeat on the other side

The arms open when you step out and cross or close when you come back to center. The arms and the step can vary as you put your own flavor into it.

If it helps to count out the steps, go ahead. It will take a total of 4 counts to do a complete toprock on both sides.

-Play a few different songs to see how the rhythm changes the speed of the step.

-Try focusing on your arms as well stretching them out when stepping and closing them when you meet back in the center. Open-close There is nothing to it, but to do it so let's go

TOOLS

Song Playlist:

Have a playlist of songs prepared that are rhythmically different from slower to faster

McClenney- Untitled (Funk #2)	Good for freestyle
Positive Flow – Stronger Than a Mountain	Good for freestyle
Fatback- Let the Drums Speak	Good for 2 step
Hole in One – Delvon Lamarr Organ Trio	Good for 2 step
King of Rhythm – Ike Turner	Faster
United Funk- The Grand Alliance	Good for Toprock intro
West Street Mob- Break Dance-Electric Boogie	Classic Breakin song for Toprock (faster)

RESOURCES

Hip Hop Culture Timeline <https://www.thoughtco.com/hip-hop-culture-timeline-45164>

Yoga Sun Salutation <https://www.youtube.com/watch?v=AbPufvYiSw>

Basic 2 Step Dance <https://www.youtube.com/watch?v=5MVYGgMDi2s>

Top Rock <https://www.youtube.com/watch?v=FCF1DUq1kUg>

Top Rock History <https://www.youtube.com/watch?v=QwAhk01O7EE>

HOW HIP HOP AFFECTS US?

Hip Hop allows one to deepen their appreciation for community, elevates one's confidence, brings purpose and opportunity for growth physically, mentally, artistically, and spiritually. Hip Hop dance empowers the youth and can even be seen as a form of physical meditation.

TOOLS FOR IMPLEMENTATION

Your Support Pack Includes:



- **The Burning River**
Poems of Pandemic & Protest
- **Daily Poetry Journal**
35 fun-to-read poems with activities for each poem.
- **12-Color Box of Pencils**
300 pencils
- **Sketch Paper Pad**
9" x 12"