

HIP HOP

Class	Monday	Thursday	Friday
Primary Hip Hop	4:30-5:30pm		
Hip Hop 1		3:30-4:30pm	
Hip Hop 2			3:30-4:30pm
Hip Hop 4/5	5:30-6:30pm		
Hip Hop Elementary	6:45 – 7:45pm		

Primary Hip Hop

Primary Hip Hop is from ages 6 and up. Students are introduced to basic hip hop technique and style through kick steps, mono, floor work, contractions and strong-arm sequences. They learn combinations that are fast and work towards accuracy of hitting positions.

Hip Hop 1

Grade 1 hip hop is all about learning the commercial side of dance (music videos, movements that go with the lyrics). They learn grounded but fast dance sequences with a focus on isolations.

Hip Hop 2

By Grades 2, students have mastered the basics of the genre and are building strength in their steps. They then begin to learn different styles such as 'house' and 'popping and locking.'

Hip Hop 3/4

Students work on different routines; one based on popping and locking and the other lyrical. They begin to learn how to show light and shade in their dancing and continue to build strength for accuracy as well as foot coordination.

Hip Hop 5/Elementary

Students have mastered contractions and isolations. They now build on strength to hit strong positions and work on executing sharp and static combinations vs loose and lyrical hip hop styles.

The "Comix" Method

We have partner with John "Comix" for 2024 to learn his methodology and ethos of traditional Hip Hop styles, movement and culture. All facets of his work will be taught along side our BAL Hip Hop syllabus.