

Twinkle Star Dance™

ShowSTARS™

Hip-Hop

Sample Hip Hop Lesson Plan 6-9 & 8-10

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ShowSTARS™ Hip Hop Curriculum

Ages: 6-9 and 8-10

Class Length: 45-60 minutes

SSHH01 Ages 6-9 Warm-Up Choreographed: Breathe, Stretch, Shake (10 minutes)

Start with step claps, walks, bounces to find the beat. Warm up should include isolating neck, shoulders, ribs (forward, side to side and circle), and hips. Be sure to isolate posture style in warm up.

SSHH02 Ages 8-10 Warm Up Choreographed: Lose My Breath (10 minutes)

Start with step claps, walks, bounces to find the beat. Warm up should include isolating neck, shoulders, ribs (forward, side to side and circle), and hips. Be sure to isolate posture style in warm up.

Center Stretch (10 minutes)

Continue with runners stretch and hamstring stretches. Popcorn bounces. Seated stretches. Stand and walk to push up position and return 5 times. Seated roll down and roll up abs.

SSHH03 Ages 6-9 Across the Floor: Energy Drink (10-15 minutes)

- Hip Hop Walks (Forward and Backward) - Discuss posture, movement of shoulders, belly and knees during walks.
- Knee Walks- Add changing direction for more advanced dancers
- Grapevines and chasses - Use hip hop style in execution
- Walks using other important footwork - add pivot turns, direction changes, roll to the floor, tuck jump. Add upper body style-Body roll walks and snake movements.
- Kick Cross Step- Add changing direction for more advanced dancers
- Fancy Footwork- Crossing Feet, kick jumps backward

Tips:

Emphasize using hip hop style during across the floor

SSHH04 Ages 8-10 Across the Floor: Because of You (10- 15 minutes)

Combining Hip Hop elements into sequences emphasize changing level and changing direction.

SSHH05 Hip Hop Tricks (5-10 minutes)

Spread the class out center floor. Dancers execute tricks one at a time quickly. Once they have

it you can move faster by doing it line by line.

- Kip Ups
- Handstand Kick
- Crooked Handstand Kick
- Coffee Grinders (add challenges like one handed, or foot not touching floor)
- Tootsie Roll
- Shoulder Roll
- Candle Stand
- 6 Step
- Over the Shoulder Jump
- Slide Sequence
- Side Handstand

Dance Party Circle (5 minutes)

For dancers to show off tricks one at a time or in pairs. Emphasize that they need to walk into the circle using hip-hop walks. Dancers step clap while waiting their turn. Encourage cheering!

Freestyle (5 minutes)

2nd part of the dance year, add this element to class. Dancers need to learn how to move using NO choreography and NO tricks. Put them in a straight line; count off to make 3 groups. Call out the group numbers that needs to step forward and freestyle while everyone else step claps while waiting. Keep switching groups for an entire song. Emphasize that they can't plan what they are going to do or copy other people, just let their body surprise them! Change the style of the song each week to teach them to match the music.

SSHH06 Learn a Combination/Choreography: Switch (10 minutes)

Use the same dance, adding each week for the entire month. Focus on getting their upper body to find the style of hip-hop, and their lower body learning how to follow choreography. Use the floor, a trick that they know and a moment to add their own pose at the end, or freestyle in the beginning.

SSHH07 Learn a Combination/Choreography: Jackson 5 (10 minutes)

Use the same dance, adding each week for the entire month.

Core Curriculum and Terminology:

Hip Hop Walks

Isolations (head, shoulder, hips, ribs)

Arm Isolations

Body Rolls

Step Pivot

Step Touch
Toe Touch
Tuck Jump
Jump Cross Untwist

HIP HOP Playlist:

1. Breathe, Stretch, Shake – Mase - ITUNES
2. Lose My Breath - Destiny's Child - ITUNES
3. Because of You - Ne-Yo - ITUNES
4. Somebody to Love - Justin Beiber - ITUNES
5. Jackson 5 Remix – ITUNES
6. Pon De Replay - Rhianna – ITUNES
7. Cooler Than Me (Single Mix) - Mike Posner – ITUNES
8. Digital Get Down - 'N Sync - ITUNES
9. Switch - Will Smith – ITUNES
10. Whip My Hair - Willow – ITUNES
11. Play That Funky Music - Wild Cherry - ITUNES
12. Wanna Be Startin' Somethin' - Michael Jackson – ITUNES
13. Girlfriend (The Neptunes Remix) – 'N Sync Featuring Nelly - ITUNES