

Day 1

Freestyling is different than improvisation

- freestyling is the ability to transition from any move to any move with ease
- improvisation is the ability to create new movements on the fly to the music

Judging moves not by difficulty because what is easy for one person can be difficult for another. Instead, judge people as if they are the same. Power becomes equivalent to footwork and looking at quality of movement and how it is used with the music.

Improvisation techniques

- Hold a position at a difficult angle i.e. 1-leg stand, leaning back leg straight out
- find ways to get into that position. i.e. spin into it
- find ways to use the position as you are transitioning into it
- make it sharp, add a sense of surprise to it
- people will think it is luck but it is skill
- use simple moves and make them difficult

How to create moves

- take something simple and add details
- take something from a concept and use it in a new concept that hasn't been popularized or explored yet i.e. taking shoes off became take it off during footwork and putting it back on

Biting

- sometimes when creating a move, it happens that someone else already created it or it is foundation somewhere else
- it is not sufficient to change a move for the sake of not looking like someone else
- instead you should change the move so much so that it is completely unknown where it came from.
 - sometimes changing it not enough will simply cause your moves to be a commercial for the other dancer. When people see you do it, they will be reminded of the other bboy.

Day 2

- take a concept from toprock and apply it to all levels: Standing, footwork, sitting, floor, stab, etc. An example used was to use the outer side of the shoe to draw a circle on the floor. Draw the circle slow and slide the shoe on the floor deliberately in all levels.
- NEW COMBO: "Pretzel Level" pretzel, coindrop, roll to belly, thread leg through other leg, pushup with one leg out, repeat
- Breaking existing moves into smaller pieces. i.e. 6step and break it in half. "Half 6-step"
- Use simple freezes and add effects
 - choose 3 simple freezes that are easy to hold
 - first do them with good effect. Make it clean and sharp
 - then time it on the music with minimal pre-motion to make a surprise effect
 - Instead of trying to use super hard blowups to get a crowd reaction, simply add details to easy freezes and you will get a similar reaction.

Reaction time exercise: Mirror exercise

- partner with someone and mirror their movements slowly
- as you get better you can go faster and do more difficult moves.
- do this with as little lag as possible

Creativity Technique - replacement

Take an existing movement, like salsa step, and replace each movement.

- kick -> jump forward and land on one foot
- land -> spin
- step -> kick in air

The goal is to make the move completely different so that people cannot recognize where it came from. This can be applied to all forms of movement

In order to do this approach in different levels, make sure to imitate the movement as close as possible to the original. i.e. salsa step on the floor should start in home position, kick, step and side. Then from there you can begin to replace moves