

FINDING YOUR INDIVIDUAL DIRECTION

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Rock so Fresh

ON COMMON PITFALLS FOR BBOYS/BGIRLS

Approaching the dance with the wrong mentality happens a lot in our bboy scene. Some of the pitfalls that boys tend to fall into are like dancing because of money, Yes it could be a source of income when done professionally but going into it because that's all that matters and you want to make a quick buck ruins the actual integrity of this dance. This shouldn't be in anyone's mind yet! More important is developing your skills and finding out why you love to bboy would be first. You also don't really get to enjoy the dance due to always worrying about when the next jam is to make ends meet.

Another pitfall would be not really understanding our culture. Bboying is the first dance of hip hop so taking the right steps to learn the history/development and knowledge of bboying and further more Hip Hop in general, gives you a better look on how to approach the dance. We have so many resources nowadays that it should not be an excuse that there isn't enough information to be educated on bboying.

Last that I would warn boys would be the fake approach...YUP! STOP BEING FAKE!! One thing that everyone really dislikes is bboys that think they are thugs or hard asses and after a battle or off the floor you are super nice and want to go drink boba after. Shit don't work that way, you act like an ass in a battle then you better be an ass outside as well. You lose respect and credibility. Just be yourself and really embrace the fact that you have the ability and gift to dance. Don't act tough if you ain't tough. Now if you are? Then good for you. Some are that way due to rough upbringings or just had a crazy life. Just don't fake the funk.

ON INNOVATING YOUR STYLE

Rock So Fresh has been around for 15 years now. We have always carried the traditional essence of bboying throughout the years with the way we think, dress and dance. At the time RSF was created we wanted to be different due to the scene being stagnant and all looking the same. We wanted to take a different direction and focus on what inspired us when we danced. Personally for me it was the Original Rock Steady Crew and New York City Breakers. We all have our own ideas and inspirations but we all have the same train of thought. With that being said we consistently keep pushing ourselves to innovate and keep up with what's relevant due to being open minded and expecting that this dance evolves. By staying true to our own beliefs and traditional foundation we can still evolve and keep things fresh by adding new grooves, moves and nuances to what we have and learn on a daily basis. We also grow and share together with our crew. I feel like this is important for many that are in crews. You must share and

grow together to build a trust-bond with each other to push and motivated one another. Making things fresh is key to what we do in our crew. And believe me when I say it takes time to develop that certain confidence to know when you are fresh with your movement and style