

Hip Hop

Hip Hop I (ages 5-8)

This class serves as an introduction to hip hop dance for the younger student in a relaxed setting. Using games and music, the class focuses on rhythm, musicality and basic footwork. It is a great way to get kids moving and having fun!

Hip Hop II (ages 8-10), Hip Hop III (ages 10-13) and Hip Hop IV-V & Open Hip Hop (ages 14-17)

These classes teach the fundamentals of hip hop movement. The class will focus on warm up and stretching, isolations, basic hip hop technique, using popular music, the class will then move across the floor to work on rhythm, upper body strength and funky footwork. Hip Hop II & Hip Hop III & Open Hip Hop will teach more technique; Hip Hop IV-V is more advanced and you must have permission to be in this class.

What to wear –T-shirt, black jazz pants or shorts, hip-hop sneakers or black jazz shoes. Hair pulled back in a ponytail. No jewelry.