

Introduction to Hip Hop Dance Grooves

This lesson will get you moving and grooving with some fundamental hip-hop steps!

Warm-up (5-7 minutes)

Get your body ready to move safely. Play some upbeat hip-hop or pop music.

- **Joint Rotations:** Gently roll your neck, shoulders (forward and backward), wrists, hips, knees, and ankles. Do 8 counts for each.
- **Light Cardio:** Jog in place or do jumping jacks for 1-2 minutes to get your heart rate up.
- **Dynamic Stretches:** Leg swings (forward/back and side-to-side), torso twists. Hold each stretch position briefly (no bouncing).

Instruction & Practice (20-25 minutes)

We'll learn three basic hip-hop steps. Focus on feeling the music and adding your own groove or bounce. Watch videos online for visual references if helpful, but focus on the basic footwork and body movement described here.

1. Step Touch with Groove:

- Start with feet hip-width apart, knees slightly bent.
- Step to the right with your right foot (Count 1).
- Tap your left foot next to your right foot (Count 2).
- Step to the left with your left foot (Count 3).
- Tap your right foot next to your left foot (Count 4).
- **Add the Groove:** As you step and tap, keep your knees bent and bounce slightly to the beat. Let your upper body relax and move naturally with the bounce. Practice slowly, then try with music. Repeat multiple times.

2. Kick Ball Change:

- Start with feet together.
- Kick your right foot forward slightly (Count 1).
- Step back onto the ball of your right foot, putting weight on it briefly (& or 'and' count).
- Step/replace your left foot where it was, taking your weight fully onto the left foot (Count 2).
- Repeat, starting with a left foot kick (Counts 3 & 4).
- **Focus:** Keep it low and grounded. Knees stay slightly bent. Practice alternating sides. Try it with music.

3. Basic Bounce/Groove:

- Stand with feet slightly wider than hip-width, knees soft and bent.
- Gently bounce down and up by bending and straightening your knees slightly, keeping time with the music (Down on the beat, up on the '&' count).
- Keep your core engaged but allow your upper body, shoulders, and head to be relaxed and respond naturally to the bounce. This is the foundation of many hip-hop movements.
- Practice just bouncing to different tempos of music.

Combination (10 minutes)

Let's put the steps together! We'll create a simple 8-count sequence:

- Counts 1-2: Step Touch Right (Step R, Tap L)

- Counts 3-4: Step Touch Left (Step L, Tap R)
- Counts 5&6: Kick Ball Change (Kick R, Ball R, Change L)
- Counts 7&8: Kick Ball Change (Kick L, Ball L, Change R)
- *(Optional Add-on: Counts 1-8 of next phrase: Basic Bounce in place 8 times)*

Practice this sequence slowly without music first. Then, try it with music several times. Focus on smooth transitions and maintaining the groove.

Cool-down & Stretch (5-7 minutes)

Slow down the music or turn it off. Help your body recover.

- **Deep Breathing:** Stand tall, inhale deeply, exhale slowly. Repeat 3-5 times.
- **Static Stretches:** Hold each stretch for 20-30 seconds. Do not bounce.
 - Quadriceps stretch (heel to glute)
 - Hamstring stretch (reach towards toes with straight legs, or sit and reach)
 - Calf stretch (against a wall or lunge position)
 - Shoulder/Triceps stretch

Reflection/Check-in (2-3 minutes)

Think about or briefly discuss: Which step felt the most natural? Which was the most challenging? How did combining the steps feel?