

ARTS FOR ALL

Virtual Y Arts: Dance Class
YMCA OF PIERCE AND KITSAP COUNTIES



Hip Hop

Ages: 9-14 years

Time: 20 minutes

Supplies/ Materials:

- A device to play music on
- A space to move in

Warm-up

- Jumping Jacks – 2 eight counts
- Grapevine right and left – 2 eight counts
- Three Step Turn – 2 eight counts
- Step side to side – 2 eight counts
- Step out and slide right then left – 2 eight counts
- Snake head right to left while feet step side to side – 2 eight counts
- Repeat all of the above

Across the Floor

- Freestyle walk across the floor while staying on beat.
- Step touches with a jump and a clap.
- Step with the right foot forward while bringing both elbows up and as you bring your left foot together, bring your arms down.

Choreography

- Go to youtu.be/XA9xMJwpyDg. This is the song we will be learning a dance to. Combo starts at 1:03.
- Reach up with your right hand, repeat left, bring down your right arm, repeat left. Look left then back to center and then shrug your shoulders
- Roll arms away while stepping out with your right foot and then touching your left foot together. Repeat to the left.
- Jump on your right foot while bringing up your left knee. Your arms will push out (left arm to the side and right arm to the front. Repeat to the left. Pull both elbow up the ceiling twice while you pivot your toes side to side.
- Freeze! Snake to the left side. Freeze! Slide to the right side.
- Freeze style!
- Repeat all of the above
- Take a bow!



Find this lesson on YouTube here:
youtu.be/Khv9ubOuK0w