

## HIP HOP 2 SYLLABUS

**Waving** - Waving is composed of a series of fluid movements that give the appearance that a wave is traveling through the dancer's body (to be demonstrated through the body)

**Six Step** – using the arms to support the body above the floor while the legs walk around in a circle.

**Baby Freeze** - The hands are used for balance, with the nearest side of the waist on one elbow and a knee on the other, sometimes swapping leg placement

**B-Boy/B- Girl** – someone who breakdances – can also be called breaker

**Tuttin** - creating geometric positions and movements predominately with the use of right angles

**Gliding** - footwork techniques that creates the illusion of the dancer's body floating smoothly across the floor

**Dime Stop** – a technique of moving at a steady pace and then abruptly coming to a halt, as if attempting to stop on a dime

**Freestyle** – student to freestyle 2 counts of 8

**Ticking** – a technique giving the impression that the dancer is moving within a strobe light setting

**Combination** - Student to demonstrate class combination