

Episode 1

Safe Dance Practice

You will need to demonstrate that you can:

- Work safely in a practical subject
- Dress in the correct attire each lesson for safety reasons and personal hygiene.

- PE top or a black t-shirt
- Leggings, shorts or joggers
- Socks- preferable grip socks like for trampolining
- Clean trainers

Episode 1

Audition



An audition in dance is a performance showcasing your skills and talent as a dancer. This is held in front of a panel who then make the decision whether or not you are suitable for the job. In an audition you may have to prepare a dance routine, learn one on the day or participate in a range of dance workshops. To get jobs as a performer in the Performing Arts industry, you will have to attend an audition process.

Episode 2

Hip-hop Dance Style

Hip Hop Dance is a style of movement characterized by bounces and rocks, executed to Hip Hop music. It has deep historical and social roots in African American culture, having emerged in Black communities living in 1970s New York. While frequently referred to as a singular dance style, Hip Hop dance is part of a whole *culture* of Hip Hop, that includes Deejaying, Graffiti, Emceeing, and Breaking. It is also known under the street dance umbrella and includes other styles such as poppin, locking, breaking, house etc.



Year 9 Subject: Dance

Episode 2

ZooNation

Zoonation are a hip-hop dance company from London who focuses on storytelling through hip-hop dance culture. You are going to look at one of their productions called 'Some Like It Hip-hop'. Some Like It Hip Hop is a story of love, mistaken identity and revolution, in a city where books are banned, and where women are kept subservient to men.



Episode 3

Key Terminology

Actions- What a dancer does eg travelling, turning, elevation, gesture, stillness, use of body parts, floor-work and the transference of weight.

Accumulation- When a dancer performs a series of movements and others join in at different times until all perform in unison.

Canon- When the same movements overlap in time.

Dynamics- The qualities of movement based upon variations in speed, strength and flow.

Formations- Shapes or patterns created in space by dancers.

Highlights- Important moments of a dance.

Levels- Distance from the ground: low, medium or high.

Space- The 'where' of movement such as levels, directions, pathways, shapes, designs and patterns.

Episode 4

Key Terminology

Control- The ability to start and stop movement, change direction and hold a shape efficiently.

Coordination- The efficient combination of body parts.

Facial expression- Use of the face to show mood, feeling or character.

Musicality- The ability to make the unique qualities of the accompaniment evident in performance.

Projection- The energy the dancer uses to connect with and draw in the audience.

Stamina- Ability to maintain physical and mental energy over periods of time.

Strength- Muscular power.

Timing- The use of time or counts when matching movements to sound and/or other dancers.

Episode 1

Preparation for your dance class

Check list:

1. Know when you have dance on your timetable.
2. Pack your correct kit the night before which consists of your PE t-shirt, leggings/shorts or joggers and clean trainers.
3. Anyone with long hair needs it out of the face, please bring a bobble or tie your hair up on the day of dance.
4. Pack a water bottle to keep up your hydration levels.
5. Bring a positive mindset that is willing to try new things.

Episode 1

Rehearse your baseline dance

1. If you remember the steps and movements, have a practise at home to improve your confidence in knowing the dance as well as perform to your family.
2. Ask your dance teacher to come in at break or lunch time to use the facilities to practise your dance by yourself or with some of your class.

Episode 2

Online Workshop

This video is a online tutorial of a dance from the production of 'Some Like It Hip-hop'. This is a more challenging routine, so it is a stretch and challenge task.



Year 9 Subject: Dance

Episode 2/3

Key Steps & Movements

Use the list to keep remembering the key steps and movements:

- **The Wop**
- **Grapevine**
- **Steve Martin**
- **Smurf**
- **Basic groove**
- **ATL Stomp**
- **Leo Walk**
- **Bart Simpson**
- **Pas de Bourree**
- **Kick close tap**
- **Rock & knock**
- **Knee lift**
- **Punch out, punch across**
- **Happy feet**
- **Box step**

Episode 3/4

Question	Answer
In order to improve your movement memory what must you do?	Concentrate and focus on the learning process, especially if you find it hard to pick up dance steps and movements. Practising (rehearsing) in your own time will then improve even more as you are using the tool of repetition.
What choreographic devices can you use to make sure creation interesting?	Add a highlight in, which is a 'wow' moment. Include canon as well as unison work so show contrast. Using a range of dynamics- changing the speed of your movements engages the audience. Including a range of movements to add variation.

Episode 4

Video

Here is a tutorial of the repertoire of Some Like It Hip-hop that you can follow and rehearse from home. It also starts with a warm-up.

