

The Art of Hip Hop Dance

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The Word "Hip Hop"

- ★ Comes from the country of Senegal in West Africa
- ★ Originates from the word "hipi" or "hepi" which means to be aware and to open one's eyes
- ★ "Hip" comes from the West African language Wolof, and was cultivated by slaves from West Africa
- ★ "Hop" is related to dance



The Early History of Hip Hop

- ★ Hip Hop dancing officially began in New York City during the late 1960s and early 70s
- ★ People with background in dance and a natural instinct for movement brought dancing to the streets of NYC
- ★ Hip Hop has traces of modern, tap, jazz, swing and African dancing
- ★ However this dance style is really in a class of its own



1980s Evolution of Hip Hop

- ★ The time of the 1980s was when the growth of Hip Hop really started
- ★ More and more people started showing off their moves on the street, basketball court or wherever a good spot happened to be



- ★ Moves such as breaking, popping, and locking became more established and more dancers got caught into the rhythm of the music
- ★ The street scene shifted to more formal dance venues
- ★ The style developed more recognizable moves but the innovative nature remained

The Concept and Aesthetic of Hip Hop

- ★ Hip Hop is dance, music, personality, art
- ★ Most importantly, Hip Hop is a tool people use to express themselves
- ★ However, Hip hop means something different to everyone
- ★ Make it your own, have fun with the style
- ★ Let loose and don't take it too seriously



Foundation of Hip Hop

- ★ The foundation of hip hop is bounces
- ★ All dances use some combination of these bounces
- ★ There are 4 main bounces. These include deep bounce, boxers bounce, the march, and step bounce

- ★ Deep bounce: knees bounce really low
- ★ Boxers bounce: knees bounce side to side while taking little steps
- ★ The march: bouncing while marching in place
- ★ Step bounce: bouncing while taking tiny steps



The Basic Bounce



Sources

- ★ History and Concept of Hip-Hop Dance (video)
- ★ History of Hip Hop Dance by Benna Crawford (article)

