

nîminân môcikan Lesson PLaN

ᠨᠢᠮᠢᠨᠠᠨ ᠮᠣᠴᠢᠭᠠᠨ - nîminan môcikan (Dance Fun) is a HipHop dance workshop with Angela "Lunacee" Gladue (Dancer for A Tribe Called Red) that will focus on expressions of HipHop dance through grooving, social dances/party rocking, choreography and using grooves and concepts to help build freestyle vocabulary to dance-your-style. HipHop culture was started by African American and Afro Latino youth during the late 1960s in the South Bronx, NY through Djing, Breaking, Graffiti, and Emceeing with the 5th element being Knowledge of Self. HipHop has become a positive outlet for the expression of youth worldwide and can be found within the medicine wheel teachings as a way to help energize the mental, physical, emotional and spiritual well being. We will also explore our own cultural dances as Angela will guide us through original steps that can be used for Powwow and HipHop footwork. Come to nîminân môcikan and dance your style! (No Experience needed).

First Part of workshop - Warm Up, Hip-Hop Grooves, Party Rocking & Routine

This video is taught in the style of taking a full one hour long live class. Students learn grooves and moves in the form of building a giant routine. Once the routine is learned students can break up the movements and do them on their own, and work on combining them with their own creativity.

Warm Ups: Begin by slowly warming up the neck, shoulders, arms, chest, hips, legs with the guided warm up video provided. You can follow along and lead by projecting the video onto a laptop or video monitor while you assist in leading.

Stretches: Follow along with guided stretches provided in the video. Warming up and stretching is important before you get started in dancing. It helps to prevent injury and get your muscles engaged for the dance activities to come.

Hip-Hop Grooves: Directly after the warm ups and stretches are HipHop grooves which incorporate the Bounce and the Rock. The bounce is a movement that goes up and down and the rock goes back and forth. These grooves are a base underneath the dances or Party Rocking moves that you will learn and lead in the next portion of the video. Grooving can be based off of the feeling you get when you hear the music. In powwow dancing for example, we have a consistent bounce that can be considered our 'groove' when we dance. As the drum goes, the bounce is what carries us through the beat. It is a consistent movement that goes on top of the footwork we do (from the toes

or balls of our feet using a jumping up and down movement). In HipHop these grooves give life to the dances. Once you have the bounce and the rock, you can create your own patterns using these grooves to expand the movements beyond the basic rock and bounce. However, for the purpose of this instructional, a goal would be to keep the bounce or rock in motion while doing the party rock/hiphop dances.

I put examples of doing the rock and bounce and adding the feet. Each of these movements can be turned into “Drills” that help create repetition in the body in order to form muscle memory. If it is your first time doing the rock or bounce, feel free to turn the first part of the video into a more focused area to teach. Create a play list of your favourite HipHop Tracks or use the instrumentals provided for the video. You can then take the rock and do it for a whole song, changing directions, adding the feet, and creating variations (Doubling it up on one side or making patterns like single - single- double -double for example, meaning you can rock to the left, to the right then twice on the left, then repeat on the other side. This creates a pattern using the rock while keeping in time with the tempo of the music.) By Drilling the rock and bounce in this way, it becomes easier to incorporate the grooves into the moves so that you don’t lose the feeling of the dance or aesthetic of the dance. I learned these original dances from pioneers of hiphop culture. When these dances were created they were executed in a social environment or party environment with communities coming together to dance and have fun. Even though we are social distancing at this time, I encourage you to blast the music and do your best to imagine the vibe of coming together with your friends and having fun with these grooves. Through zoom, or video messenger you can create a party atmosphere by playing music and leading everyone together with these dances. Doing drills is a good way to train, so even though in the videos I go from one groove to the next, you can break down each groove and do it in a repetitive manner, (doing one of the grooves in the video for an extended period of time) that way you can break up this video and expand on each movement so that you train each groove to a whole song so that it will become second nature and you won’t have to “think” about it, your body will be able to do it while you’re now putting “moves” on top, like the prep, break down or wu tang, for example.

You can also create drills (repetitive movements) with each party dance/HipHop move or Toprock on its own so you break down each step and practicing it til you ‘get it’. Chose one move or step pattern (like the NDN Step for example, and break down the step slowly and then as you feel more comfortable, speed it up to the tempo of the beat. You can start with a slower tempo song and then gradually practice it until you can do it to a faster song. The more you do that, the better you will feel when executing the

move. You can drill one move for one whole song, or spend an allotted amount of time per move from 2 mins - 15 mins or even a half hour to an hour. Its all up to you on how much you would like to practice or have the time to practice. 15 minutes a day can really help build your vocabulary even if that's all the time you have.

Exercise: After doing drills with each move separate, begin to think of steps you can combine together to create your own original sequence. Then drill the sequence until you can confidently do it to music of your choice. Make sure it matches the tempo. You can also practice your sequence to make it go with lyrics or certain sounds that stand out to you in the song.

Creating sequences also known as “sets” is a great way to practice your transitions from one move to the next. It is helpful for your body to understand these transitions from one move to the other so that you can begin to build vocabulary for your freestyle.

Freestyle is really the basis of where these dances live within hip hop culture. When you start to attend battles and if your'e interested in battling or cyphering (Free-styling in dance circles amongst your peers to show case your skills and build that community vibe and energy) free styling is a skill that can take you very far, but it is with these vocabulary of movements that gives you the foundation to pull from, so drilling these movements becomes helpful to hone and sharpen your skills wether for battles, performances or for fun with your friends and family.

Challenge: *Choreograph your own sequence of movements using 4-8 party rock dance or top rocks for four to eight 8-counts and challenge your class to do the same, they can choose whatever moves and grooves they would like to do and piece them together how they like. Just like the example of the choreography in the video. Then they can either make their own videos to showcase with the class or showcase live through zoom. Just to challenge each other and put the movement into practice.*

Topic:

Grooves: The Rock & Bounce and incorporating them into HipHop Movement.

Goals & Objectives:

To learn and identify the rock and the bounce as fundamental grooves in hiphop dance.

To learn foundational movement in the form of a routine.

To be able to break down the movement and pick & choose how and when to use them by creating your own sequences via Routine or freestyle.

Lesson Outline:

- Warm up: Neck, Shoulders, Chest, Hips and Legs
- Stretch: Arms, Legs, Neck, and Back
- Bounce: Basic Bounce downward, Double Bounce, bounce on the toes, bounce upward.
- Rock: Back, Forward, Side to Side, Diagonal
- Groove while doing steps
- Groove while doing moves
- Choreography/routine completion
- Break the routine into separate pieces to create your own sequences

Activity:

Select 4 Party Rock Dances or Toprocks and decide which order to place them, creating your own routine to practice changing up how to transition into the moves. Do it in 4 - eight counts.

(Doing one move counting to eight, and starting a new move on the next 8 count)

LINK: What is an 8 count?

<https://www.youtube.com/watch?v=5zX7mOYjooM>

List of Party Rock/HipHop Moves:

1. *Wu Tang (Version 1 & 2)*
2. The Snake
3. The Prep
4. The Breakdown
5. Gucci (with variations)
6. Robo Cop
7. Bankhead Bounce
8. Tut Sequence
9. Patty Duke
10. Milly Rock
11. The Bird aka Janet Jackson
12. Dab
13. TLC
14. Smurf
15. Bart Simpson
16. Troop
17. Brooklyn Bounce

Seated Version:

Begin with warm ups, isolations and stretches starting with the neck. Slowly lead each stretch so that it is comfortable (Go at your own pace, so not to rush).

After stretches are complete, begin incorporating grooves that can be done in the chair. From the neck grooves, to shoulders and chest, then adding the rock so that the grooves can be present when learning the hiphop moves.

Begin incorporating the hiphop moves. Moves are taught in a whole sequence/routine to feel the transitions of each move from one to the next.

HipHop Moves/Routine in Chair:

1. Wu Tang version 1 & 2
2. Snake
3. The Prep
4. The Breakdown
5. Gucci
6. Robocop
7. Bankhead Bounce
8. Tut Sequence
9. Patty Duke
10. Milly Rock
11. The Bird aka Janet Jackson
12. Dab
13. TLC
14. Smurf

Toprocks:

1. NDN Step
2. Side Step aka Salsa Side
3. 4 Corners (Using the Side Step)
4. Cholly Rock
5. The Sput Slide
6. Cross Over Step

Resources and Links for self study and to share with your community:

Documentaries on HipHop Culture:

KNOWLEDGE - Cultural knowledge and experiences are an integral part of understanding the culture

The Origins of Breaking Culture - Breaking the Beat: In the Bronx

<https://youtube.com/watch?v=6bJK8SS0vfl>

Inside the Circle - B-Boy Documentary

<https://youtu.be/xYw7LH-8dlc>

DECADE OF FIRE SOUTH BRONX

https://www.youtube.com/watch?v=RN18_KqCIL4

Planet Bboy - American Documentary about Breaking & HipHop

<https://youtube.com/watch?v=AmXWmGT1I-M>

The Freshest Kids: The History of the Bboy (2002)

<https://youtube.com/watch?v=RxoWyGFSGuk>

Wreckin Shop (Live from Brooklyn)

HipHop Freestyle Footage of The Moptops Crew

<https://www.youtube.com/watch?v=zUAuCQN-AJI>

FOUNDING FATHERS THE UNTOLD STORY OF HIP HOP

<https://www.youtube.com/watch?v=1G13bR0B0-8>

HipHop Legends

https://youtu.be/ATtF_8lqZ3E

BOOKS

The Gangsters Of The South Bronx - Willie 'MB' Estrada

The Hip-Hop Underground and African American Culture - Beneath the Surface

Yes Yes Y'all: Oral History Of Hip Hop's First Decade - Jim Fricke

Hip Hop Family Tree - Ed Piskor

Rap and Hip Hop Culture - Fernando Orejuela

And It Don't Stop: The Best Hip-Hop Journalism of the Last 25 Years - Raquel Cepeda

Chuck D Presents This Day in Rap and Hip-Hop History - Chuck D

Can't Stop Won't Stop - Jeff Chang

Total Chaos - Jeff Chang

The Art of the Battle - Alieness

Amazing Freestyle Dancers & Pioneers to reference:

Mr Wiggles | the original Robotic Sound FX Showcase | 2008

<https://youtu.be/6zkhS0y6xKo>

[Step Ya Game Up 2018] Link Hip Hop Judge Showcase

<https://youtu.be/gfgFIDnnpvo>

Buddha Stretch | Judges Demo | UDO World's 2015

<https://youtu.be/4hnUY2qDPrA>

Just Battle Judge Showcase: Tweet Boogie

<https://youtu.be/cBE-NgXcD8w>

N E O N 2019 | JUDGE SHOWCASE | COMFORT

https://www.youtube.com/watch?v=DGH DN_Vnn5k

Versa-Style Let The Music Move You Vol.3: Sho-Tyme (All Styles Judge Showcase)

<https://www.youtube.com/watch?v=rltvB5b0QoM>

Spicey Choreographer's Ball 2012

https://youtu.be/FTp_HAt6fvc

Bgirl Yasmin. Asia's funkiest bgirl. Decade of Dopeness #12

https://youtu.be/j_TKUFzvNPE

Bboy YNOT vs Bboy Whacko @Culture Shock Jam3 Day1 Top Rock Battle(final).MOV

<https://youtu.be/429O8Ntnuzw>

Beat Freaks

<https://www.youtube.com/watch?v=uzPLCVASvls>

Personal Dance Videos:

Bgirl Lunacee Edmonton Reel

<https://www.youtube.com/watch?v=GhhZxcDKV-s&t=6s>

Edmonton Fly Girlz (My Crew and I in a competition in Edmonton)

<https://youtu.be/1kLIM5s-KAs>

Calgary Dance Showcase

<https://youtu.be/cM8bILG7WRc>

HipHop Battle in Calgary

<https://youtu.be/OyKQhdVBqS4>

Queen of the Hill Battle

<https://youtu.be/L8anHRA1fOQ>

5v5 Battle in Calgary

https://youtu.be/oQiV_xbBd6A

Teaching in Calgary

<https://youtu.be/SwU8RIBsBeQ>

Calgary 2v2 Battle

<https://youtu.be/6gECSRmqI4Y>

The Creatives

<https://www.youtube.com/watch?v=BrSMSGOSkHY&t=14s>

Extra Links If you want to Powwow Dance:

Powwow Dance Tutorial:

<https://youtu.be/fl98GcKLozo>

Stadium Powwow Tutorial

<https://www.youtube.com/watch?v=dNNX8WFvGqw&t=424s>

MUSIC:

DJ Dennis Infante (Soulo 1200) Mixes and Music Free to Download

<http://www.soulo1200s.com/topics/music/>

Mixes from the Tutorial (Free to download)

Robot Wars:

<http://www.soulo1200s.com/podcast/2012/soulo-robotwars2012.mp3>

HipHop Instrumentals

<http://www.soulo1200s.com/2010/02/225-hip-hop-instrumentals/>

The Boombap Plug - DJ Marz

<https://soundcloud.com/djm4rs/the-boom-bap-plug>

Bboy Wicket The Spin Theory Radio Mixtape

<https://soundcloud.com/bboy-news/dj-wicket-thepintheory-radio>

DJ Carl Finesse Presents Take No Shorts Vol 2 (90's Hip Hop Mix East Coast Edition)

https://soundcloud.com/carl_finesse/dj-carl-finesse-presents-take-no-shorts-vol-2-90s-hip-hop-mix

Dj Cali - Only Boom Bap(Breakin'day 2018)

<https://soundcloud.com/cali-opb-tbb/dj-cali-only-boom-bapbreakinday-2018>

HipHop is Medicine: Indigenous HipHop Artists

Thomas X - Indigenous Hip Hop ft. Native Son & DJ AO

https://www.youtube.com/watch?v=GuK_vL0ScFs

Supaman delivers message of truth through hip-hop | ABC7

<https://youtu.be/zACs7kyjCCU>

Dancing an Indigenous Future with Albuquerque's Native American Hip-Hop Scene | KQED Arts

<https://www.youtube.com/watch?v=4TzgHfELJ2s>

First Out Here: Indigenous Hip Hop in Canada

<https://youtu.be/GbILAU2uQYE>

Native Hip Hop: Interview with Mob Bounce

<https://www.youtube.com/watch?v=PZ9rLZnqALo>

Supaman Prayer Loop

<https://www.youtube.com/watch?v=0jq7jla34Y>

TUTTING tutorial ft. Pandora Marie // .stance

<https://www.youtube.com/watch?v=IVBhpDj6yC8>

Artson - Brave Star

<https://www.youtube.com/watch?v=jOWFmXb2gU0>

Trad Step- St Kilda Festival

<https://www.youtube.com/watch?v=nHUj-vndOHc>

For Women By Women - Eekwol & T-Rhyme

<https://www.youtube.com/watch?v=6kqUdA9IA-o>

