

Hip hop

This program gives students an opportunity to learn, identify and recognize elements of space, time and force in dance choreography. All students have their own unique artistic talents and I'm committed to help them develop their skills and love of Hip hop dance. Hip hop is a highenergy style of dance which will improve their precision and coordination in movements, as well as their physical and mental health.

Classes will encourage students to step outside of the box by bringing their own individual style and personality to the movements. Hip hop dance requires students to have the stamina to successfully perform moves. Therefore, the class will include Hip hop technique and choreography, upper and lower body conditioning as well as warm up to help prepare students for the class.

The students will:

- Be able to perform Hip hop dance routine
- Explore movements of different parts of the body
- Be able to establish coordination, rhythm, strength, balance and control
- Be able to move with precision and complete a dance sequence as taught.

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Grades: 3 – 6 / Trimester Fee: 100 euro