



Hip Hop Level 1

Stretch & Strength:

- 50 sit ups
- plank for 1 minute
- 16 push ups
- Isolations

Rhythm/Musicality:

- Counts to rhythm using full count and ability to dance on beat
- Dances in time with music
- Able to find the beat of music of varying tempos

Skills:

- Coffe Grinders
- Six step
- Duck Walks
- Ability to pick up simple movements and remember choreography
- Remembers simple hip hop terminology

Class Etiquette:

- Is not a disruption in class
- Dresses appropriately (with hair out of face and proper shoes/attire)
- Arrives on time- engaged in class
- Focuses in class, doesn't talk out of turn

Hip Hop Level 2

Stretch & Strength:

- 100 sit ups
- plank for 1 minute
- 32 push ups
- Isolations

Rhythm/Musicality:

- Counts to rhythm using full count and ability to dance on beat
- Dances in time with music
- Able to find the beat of music of varying tempos
- Working on faster choreography and timing

Skills:

- Stalls
- Baby Freeze
- The Warm
- Ability to pick up intermediate movements and remember choreography
- Knows hip hop terminology

Class Etiquette:

- Is not a disruption in class
- Dresses appropriately (with hair out of face and proper shoes/attire)
- Arrives on time- engaged in class
- Focuses in class, doesn't talk out of turn

Hip Hop Level 3

Stretch & Strength:

- 100 sit ups
- plank for 1 minute
- 64 push ups
- Isolations

Rhythm/Musicality:

- Counts to rhythm using full count and ability to dance on beat
- Dances in time with music
- Able to find the beat of music of varying tempos
- Can pick up difficult movements and can retain all choreography

Skills:

- Kip Ups
- Ability to pick up complex movements and remember choreography
- Knows hip hop terminology

Class Etiquette:

- Is not a disruption in class
- Dresses appropriately (with hair out of face and proper shoes/attire)
- Arrives on time- engaged in class
- Focuses in class, doesn't talk out of turn

Hip Hop Level 4

Stretch & Strength:

- 200 sit ups
- plank for 3 minute
- 64 push ups
- Isolations

Rhythm/Musicality:

- Counts to rhythm using full count and ability to dance on beat
- Dances in time with music
- Able to find the beat of music of varying tempos
- Can execute complex/quick movements and retains choreography

Skills:

- Kip ups
- Ability to pick up very advanced movements and remember choreography
- Knows hip hop terminology

Class Etiquette:

- Is not a disruption in class
- Dresses appropriately (with hair out of face and proper shoes/attire)
- Arrives on time- engaged in class
- Focuses in class, doesn't talk out of turn