

Movement Hip Hop Benchmarks

Junior Hip Hop Level 1

Memorization and understanding of moves and combinations:

- Rocking Chair
- Body circles
- Twist Jumps
- 2 step
- Butterfly
- Jump cross turn
- Swipes
- Alt stomp
- Prep
- Pony prep

Proper Execution of travel steps:

- Grapevine
- 3 step turn
- Kick cross step
- Hopscotch
- Frog Jumps

Proficient in movement dynamics

- Smooth
- Isolated head, shoulders, arms
- Robotics
- Waving
- Tutting

Footwork

- Combinations and drills
- Top rock

-Two step

-Kick steps

Proficient in hip hop-based tricks:

-Dino kick

-cartwheel variation

-Side roll

-X jump

Continuously shows kindness and respect to self, classmates, and teachers.

Always working hard to remember moves, combinations, and choreography.

Junior Hip Hop Level 2

Memorization and understanding of party moves:

- Wop
- Steve Martin
- Bart Simpson
- Swipe step
- Monastery
- Prep
- Alt stomp
- Millie Rock

Proper Execution of travel steps:

- Side tuck and roll
- Grapevine
- 3 step turn
- Alt stomp
- Kick cross step

Understanding of grooves, rocking, and isolations

- down grooves
- up grooves
- Isolated head, shoulders, arms, hips, and legs
- arm waves

Footwork

- Combinations and drills
- Pony step
- Ball change
- Top rock
- Two step

Proficient in hip hop-based tricks:

- Dino kick
- half stall

-cartwheel variation

-X jump

-CC Jump

-Coffee grinder

Mastery of class etiquette and continuously displays respect to self, classmates, and teacher.

Ability to retain combinations, choreography, and set counts to music.

Senior Hip Hop Level 1

Proficient and overall understanding of essential fundamentals:

- Choreo Execution and teamwork
- Tutting
- Footwork
- Grooving and Isolations

Memorization and understanding of variations of the party steps:

- Wop
- Steve Martin
- Bart Simpson
- Harlem shake
- Swipe step
- Monastery
- Prep
- Alt stomp
- Cabbage patch

Proficient understand and application of rocking and grooving.

- Up Groove
- Down groove
- Back Groove
- Jump Groove

Mastery of Isolation and body control.

- Head isolations
- Rib isolations
- Hip isolations
- Small Joint isolations (wrist, shoulders, knees, fingers, etc.)

Proficient understand and application of breakdance and house style footwork.

- Top rock (front, side, back, and variations)
- Two step
- 6 step

-Charleston

-Happy feet

-Footwork combinations and drills

Proficient understand and application of hip hop-based tricks:

-Cartwheel (variations)

-Handstand

-Side stall

-Front Stall

-Foreword/ Back Roll

-Shoulder stall

Working towards a better understanding of musicality and timing

Mastery of class etiquette, demonstrating respect to self, classmates, and instructors.

Eager and willingness to participate continuously without fail.

Senior Hip Hop Level 2

Proficient and overall understanding of essential fundamentals:

- Choreo Execution and Memorization
- Footwork
- Waving
- Grooving and Isolations

Memorization and understanding of variations of the party steps:

- Wop
- Steve Martin
- Bart Simpson
- Harlem shake
- Swipe step
- Monastery
- Prep
- Alt stomp
- Cabbage patch

Proficient understand and application of rocking and grooving both stationary and traveling.

- Up Groove
- Down groove
- Back Groove
- Jump Groove

Mastery of Isolation and body control.

- Head isolations
- Rib isolations
- Hip isolations
- Small Joint isolations (wrist, shoulders, knees, fingers, etc.)

Proficient understand and application of breakdance and house style footwork.

- Top rock (front, side, back, and variations)
- Two step

-6 step

-Charleston

-Happy feet

-Heel groove

-Footwork combinations and drills

Proficient understand and application of hip hop-based tricks:

-Cartwheel (variations)

-Double stag handstand

-Side stall

-Front Stall

-Shoulder stall

-Foreword/ Back Roll

-Shoulder stall

-K stand (partner)

-Head stand

Proficient understanding of musicality and counting

Mastery of class etiquette, proficient in choreography retention, and willingness to participate.

Senior Hip Hop Level 3

Proficient and overall understanding of essential fundamentals such as:

- Choreo Execution and Memorization
- Tutting
- Breakdance
- House footwork
- Waving
- Freestyle
- Grooving and Isolations

Memorization and understanding of variations of the party steps:

- Wop
- Steve Martin
- Bart Simpson
- Harlem shake
- Swipe step
- Monastery
- Prep
- Alt stomp
- Cabbage patch

Proficient understand and application of rocking and grooving both stationary and traveling.

- Up Groove
- Down groove
- Back Groove
- Jump Groove

Mastery of Isolation and body control.

- Head isolations
- Rib isolations
- Hip isolations
- Small Joint isolations (wrist, shoulders, knees, fingers, etc.)

Proficient understand and application of breakdance and house style footwork.

-Top rock (front, side, back, and variations)

-Two step

-6 step

-Charleston

-Happy feet

-Heel groove

-Reject

-Footwork combinations and drills

Proficient understand and application of hip hop-based tricks such as:

-Cartwheel (variations)

-Double stag handstand

-Side stall

-Front Stall

-Shoulder stall

-Foreword/ Back Roll

-Shoulder stall

-K stand (partner and alone)

-Head stand

-Headspring

Proficient understanding and application of musicality

Mastery of class etiquette, choreography retention, willingness to participate, and freestyle ability.

