

Wanna learn Breakdancing but not sure what to expect? Here's a bit more info...

This course is structured for all ages from 6 - 16yrs, concentrating on group work but developing individual styles and skills. And complete beginners welcome – so get movin'!

Music - a range of music from different genre will be used to expand knowledge of music as well as finding it easier to dance to any style of music. Kiki will mainly be taking hip hop and "old school" - this is because the beat is easier to dance with.

What to wear: Loose-fitting clothing - no baseball caps. Trainers that support the ankle - no plimsolls.

The Class!

- Warm up – this will consist of basic movement like running around to get the blood circulating, stretches to prepare the muscle of the work in the lesson and also to prevent injury. In the warm up the whole body will be worked but mainly the legs will take the priority. The main area groin, calf, and quadriceps.
- Simple floor work—is the foot work you see all break dancers doing, consists of various different steps.
- Hand routines—is mainly done in streetdance . It is choreography which only uses hands and is performed in a groups where everything is synchronized.
- Street dance choreography — this is where they can put all the styles together into one routine.
- They will be put in groups to make up 4 counts of 8s on what the have learns in the class. Group work for developing their creative skills as they choreograph their own short pieces and show them to each other.
- Each student will be given a chance to work on their own material and if they need the tutor's help individually, he will help them develop their individual abilities and their own style of breaking.
- Warm down - to loosen up muscles preventing injury and aches

This class is designed for beginner therefore there will be no head spins, freezes, no acrobatics, including flips.

Techniques for various styles

- Locking - (originally Campbellocking) is a comical street dance style. It relies on perfect timing and frequent "locking" of limbs in time with the music.
- Popping - also a comical street dance where you "pop" an area of your body in time with the music also isolation the area to give a gather effect
- Weaving—is an allusion where the body looks fluid by isolating area of the body to generate the effect.
- Top rock- it is the style which is used to go into floor work, which is used to clear a space or to be done by itself as a routine.

Shows and demonstrations

As well as teaching them new techniques, we will also be working towards performances. Demonstrations will be at the end of the terms as well as bigger performances at Christmas and in the summer. If the group is confident enough, they may perform publicly in summer too.

Kiki says: “My classes are based around hip hop, which consist of many styles, from locking and popping, break dancing, weaving and hand routines. In the classes I will try and improve techniques in these styles and give them the fundamentals and the basic so that they can go away and come up with there own material, as well as teaching in them routines which incorporate these style and even other styles so that the can in improve there dancing vocabulary.