

JAZZ & HIP HOP



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Curriculum Development Institute
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JAZZ & HIP HOP

This Jazz & Hip Hop Booklet is one of the five booklets in the Dance Learning and Teaching Package. Its contents are as follows:

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Abbreviations used in this Booklet

R	- Right	RA	- Right arm
L	- Left	LA	- Left arm
RH	- Right hand	RL	- Right leg
LH	- Left hand	LL	- Left leg
RF	- Right foot	Diag.	- Diagonal
LF	- Left foot		

3.1 General Notes

3.1.1 Jazz

History

In mid 20th century (1950s), Jazz music was used in the social dance for the black; this type of dance was then called Jazz, named after the musical piece “The Jazz Dance”, composed by William Benton Overstreet, a well known writer, in 1917. The dance characterised by hip moving, shoulder shaking and isolated movement of certain body parts. In the wake of its fashion, Jazz courses emerged gradually, initially in the United Kingdom and later in Australia, and Jazz Dance syllabus became standardised in some European and American countries, where the label “Classical” was added before Jazz.

Origin

- From Africa; an extension of the African dance developed in the African-American slums
- A kind of ethnic dance for the black; there were different groups existed, marked by localities
- Also known as “Black Dance”, meaning dance of the black
- The black lived a hard life, and they were seen as lower class; they tended to amuse themselves by singing and dancing while working, showing an optimistic character towards life
- Dance brought about communications amongst people, expressing feelings and freeing them of tiredness or weariness

Emergence of movement

- The black are born with a sensitivity to rhythm, and a good sense of music and dance
- The dance movements were derived from their daily lives and work; they followed music freely with dance and improvised innovations which incorporated greetings, walking, conversation, ball games, cleaning up, putting on clothes and pulling up trousers, etc.
- Step on the ground to produce different rhythms at the outset
- Rhythms produced are distinct, clear and melodious, with strong and invigorating movements

Emergence of different groups

- In early periods, Jazz dance were only popular in black slums, hence most were impromptu and improvised, that were not systematised
- Various districts had their own characteristics; therefore variations were produced in different localities, marked by their own features such as Tap, Hip Hop, Break Dance, etc.

Group	Description
Tap	<ul style="list-style-type: none"> • The most primitive form of Jazz • Rhythms imitated from life sources, stepping ground to create the rhythms • Shoes were specially made, with an iron piece placed in the front and heel of shoes
Hip Hop	<ul style="list-style-type: none"> • A general term for all kinds of street dance • A popular Jazz in contemporary world • Quick moving tempo
Break Dance	<ul style="list-style-type: none"> • Jazz gained popularity in 1980s • A street dance • The USA vocal superstar Michael Jackson who excelled in this field popularised this dance and gained widespread recognition by the public; his distinctive dance style inspired many youngsters to learn dance.
Theatre Jazz	<ul style="list-style-type: none"> • As a dance of the Black, Jazz gained acceptance by the White and was put on stage • The White darkened their face when performing on stage to distinguish themselves from the black; the black were banned from performance on stage • In later periods, the Broadway Musicals appeared with well decorated stage, beautiful costumes as well as exquisite songs and dances in Tap dance also appeared as a core part

3.1.2 Hip Hop

Hip Hop was a sub-culture amongst the young black in New York slums in the 1970s. It fully reflected the life styles and habits of Africans and Latinos in the United States. It is a dance that releases one's feelings and expresses their aspirations for a better life. For this reason, it is also considered a street culture.

Ever since the 1980s, this culture has been widely accepted by young people all over the world and the craze was ubiquitous. In the course of twenty odd years, it is no longer a monopoly of the black. Given its innovative music, dance, visual art and costumes, it has shed its negative image and taken on a positive one. As it is, with its ongoing impact on the world, it has become one of the most trendy dances amongst youngsters.

Hip denotes hips. Hop means jumping. Putting together, it means a dance with hip twisting. It started as a street dance and later evolved as a culture and spirit. Such culture embraces four major elements: MC'ing Rapping, DJ'ing, Writing Graffiti and a variety of dances such as Break Dancing, Up-Rocking, Popping, Waves, Locking... and the "Hip Hop" culture was further elaborated by loose-fitting Hip Hop fashion and localised slangs.

Hip Hop is an umbrella term for street dances. Its movements comprise walking, running and jumping. Through the bending, turning, waving and twisting at limbs and joints, dancers produce great outburst of exuberance and explosion. It can be sub-divided into "Old School" and "New School". "Old School" emphasised more on foot work and derived from improvised dances performed by the black and young Mexicans whereas, "New School" is dominated by hand movement and dancers modify steps of "Old School" with new inspirations. "New School" also incorporates various varieties of Hip Hop, and produces a unique style in its own right. Geographically, Hip Hop can be divided into "New York Style" (East Coast) and "L.A. Style" (West Coast). Dancers today and mass media also name them as "New School" and "Street Dance" respectively.

In Hong Kong, both terms, "Hip Hop" and "Street Dance" are used. It is known as "Street Dance" in mainland China and "Chi Ha (Qi Ha)" in Taiwan.



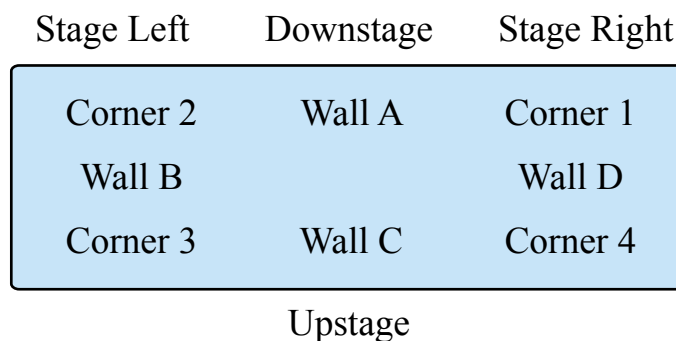
3.1.3 Common Terms for Jazz

- Feet Position:
1. 1st Parallel / First Position Parallel
 2. 1st Turnout / First Position Turnout
 3. 2nd Parallel / Second Position Parallel
 4. 2nd Turnout / Second Position Turnout

- Arms Position:
1. Preparation - Elbows Up
 2. Preparation - Elbows Down
 3. Second position
 4. Arms in High V
 5. Arms in Low V
 6. Arms in High Parallel
 7. Arms in Low Parallel

- Variation:
1. Diagonal Arms
 2. Front High Arms
 3. Side High Arms

- Directions:
1. Corner 1
 2. Corner 2
 3. Corner 3
 4. Corner 4
 5. Wall A
 6. Wall B
 7. Wall C
 8. Wall D
 9. Upstage
 10. Downstage



3.2 Learning Content

3.2.1 Step Description - Jazz

Arm Exercise with Walks

Beat	Step Position	Hand Position
Preparation	1 st parallel, R heel up	Arms down
1	Step RF forward	• High parallel
2	Step LF forward	• Low parallel
3	Repeat RF	• 2 nd position
4	Repeat LF	• Low parallel
5	Step RF toward corner 1	• High parallel
6	LF (demi-pointé) beside RF	• Elbows down on chest
7 - 8	Repeat 5 - 6 to corner 2	

Kick in Attitude

Beat	Step Position	Hand Position
Preparation	1 st parallel	Arms down
1	Kick RF to front in parallel attitude (in obtuse angle)	• LH, high parallel, RH to 2 nd position
2	RF step on the floor	• Elbows down on chest
3 - 4	Repeat 1 - 2 by L side	
5 - 8	Repeat 1 - 8	

Step Clap

Beat	Step Position	Hand Position
Preparation	1 st parallel	Arms down
1	Step RF to side	
2	Close LF to RF (on demi-pointé)	• Clap
3 - 4	Repeat on L	
5 - 8	Step RF to 2 nd parallel, hip moving to R, L, R, L (Bend knee L, R, L, R)	• Pushing arms down with flexed hand R, L, R, L

Kick Ball Change

Beat	Step Position	Hand Position
Preparation	1 st parallel, R heel up, facing corner 2	Arms down
1	Forward kick RF (low)	• Forward LA, back RA
& 2	Tap RF, step LF (shift forward)	• Forward RA, back LA
3 - 6	Repeat twice	
7	Swivel, transfer weight	
8	Hold	
9 - 16	Repeat 1 - 8	

Gallops

Beat	Step Position	Hand Position
Preparation	1 st parallel	Arms down
&	Step to side with RF	• Elbows up on chest
1	Gallops	
& 2	Repeat	
& 3 & 4	Repeat twice	• Hands open to low V on beat 3
5	Small bounce (close both legs) facing corner 4	• Hands on body in front of hips
6	Repeat facing corner 3	
7	Repeat facing front	
8		• Clap
9 - 16	Repeat 1 - 8 other side	

Jump Combination

Beat	Step Position	Hand Position
Preparation	1 st parallel	Arms down
1	Step LF	• Cross arms on chest
2	Lift RF beside L knee and hop	• Open arms to 2 nd position
3 - 4	Step on RF and LF	• Arms down
5 - 8	Repeat other side	
1	Step LF	• Cross arms
2	Lift RF beside L knee, LF hop	• Open arms to 2 nd position
3 - 4	Step on RF and LF	• Arms down
5 - 8	Repeat other side	
9 - 16	Repeat 1 - 8	

Body Scoop and Rib Cage Exercise

Beat	Step Position	Hand Position
Preparation	2 nd parallel	Arms down
1 - 2	Roll upper body down	
3 - 4	Scooping head up with flat back, recovering to commencing position	
&		• Open arms to 2 nd position
5	Rib cage and shoulder to R	
6	Recover	
7	Rib cage and shoulder to L	
8	Recover	

Kick Combination

Beat	Step Position	Hand Position
Preparation	RF behind	Arms down
1	Kick RL to front	• 2 nd position
2	Step RF forward, relaxed knees	
3	Cross LL over R to face	• Elbows down position on chest
4	Kick RL to facing side	• 2 nd position
5	Step RL facing back	• Arms down
6	Through 1 st Parallel and kick LL facing back	• Forward arm
7	Turn face to front, step LF toward front	• Arms down
8	Step RL toward front	

Kick Ball Change Turn

A - Both Leg Turn

Beat	Step Position	Hand Position
Preparation	1 st parallel, R heel up	Arms down
1	Kick RL to front (low)	• Forward LH, RA 2 nd position
& 2	Ball change R, L	• Forward RH, LA 2 nd position
3	Turn on both feet to R side	• Elbows up position on chest
4	1 st parallel	• Arms down
5 - 8	Repeat 1 - 4 other side	

B - Single Leg Turn

Beat	Step Position	Hand Position
Preparation	1 st parallel, R heel up	Arms down
1	Kick RL to front (low)	• Forward LH, RH 2 nd position
& 2	Ball change R, L	• Forward RH, LH 2 nd position
3	Single leg turn	• Elbows up position on chest
4	Close in 1 st parallel	• Arms down
5 - 8	Repeat 1 - 4 other side	



Step Combination and Body Ripple

Beat	Step Position	Hand Position
Preparation	1 st parallel	Arms down
&	Bend RL (heel down on ground), slightly bend LF	• Elbows down position on chest
1	Place RF (heel off ground), cross LF to front on heel	• Straightened cross arms in front of body
&	Bend RF (heel off ground), slightly bend LF	• Elbows down position on chest with clenched fist
2	Recover commencing position	
& 3 & 4	Repeat L side	
&	Bend RF (heel off ground), slightly bend LF	
5	Extend RF to side (tap toes on floor)	• Straightened cross arms in front of body
&	Bend RL (heel off ground), slightly bend LF	• Elbows down position on chest with clenched fist
6	Recover commencing position	
& 7 & 8	Repeat L side	
&	Bend RF (heel off ground), slightly bend LF	• Elbows down position on chest with clenched fist
1	Place RF behind LF	• Straightened cross arms in front of body
&	Bend RF (heel off ground), slightly bend LF	• Elbows down position on chest with clenched fist
2	Recover commencing position	
& 3 & 4	Repeat L side	
5	Step RF	• RH stretched out in front, fingers splayed
6	Step LF (1 st parallel), bend knees	• Pull RH into body with clenched fist
7 - 8	Ripple body up	• Arms down on chest
9 - 16	Repeat 1 - 8 other side	

Jazz Side Stretch

Beat	Step Position	Hand Position
Preparation	1 st parallel, R heel up, facing L	Arms down
1	Step RF to side, bent knee while dragging LF	• Diag. arms (RH high)
& 2	Step LF, RF on spot to make a half turn	• Elbows down on chest
3 & 4	Repeat other side	
5 - 8	Repeat 1 - 4	

Floor Routine

Beat	Step Position	Hand Position
Preparation	1 st parallel	Arms down
1	Knee down on R knee	
2	Take LL behind body (bent), and "Z" sit on floor	• RH on floor, L elbow down position
3	Stretch body up	• Taking LH overhead
4	Recover	• Arms down
5	Turn R to face wall B, both legs bent (toes pointed)	• Both hands on floor behind body
6	Straighten legs to wall B	
7	Push hips up to make body a straight line, head back (weight on hands and feet)	
8	Recover to position in 6 th beat	
9 - 10	Roll towards front	• Both hands on floor, head follow body turn
11 - 12	Slide L underneath body to a crouched position	• Both hands on floor (arms straight)
13 - 14	Step LF to front, kneel on R knee	• Arms down
15 - 16	Feet together, turn outward one circle	• Arms down
17 - 32	Repeat other side	

Hip Exercise

Beat	Step Position	Hand Position
Preparation	1 st parallel	Arms down
1	Step RF to R diag. and push hip to R	<ul style="list-style-type: none"> • Arms bent at shoulder height • Bringing R elbow down towards hip
&	Push hip to L	<ul style="list-style-type: none"> • L elbow down toward hip
2 & 3 &	Repeat twice	
4	Shift weight to RF, close LF behind R knee	<ul style="list-style-type: none"> • Clap hands in front of R shoulder
5 - 8	Repeat 1 - 4 on L side to L diag.	



3.2.2 Step Description - Hip Hop

The following three examples of dance combination are selected from the Modern Jazz Syllabus of the Commonwealth Society of Teachers of Dancing (CSTD), Australia:

1. CSTD – Grade 2 Dance Steps
2. CSTD – Grade 6 Locking Exercise
3. CSTD – Grade 2 The Dance

Example: Hip Hop 1 (CSTD - Grade 2 Dance Steps)

Beat	Dance description
Preparation	Stand centre back. Arms by side
1 - 4	Wait
&	LF rise, RF lifted in front, both palms placed sideways Wrists flexed, LH down in diag. in front of body, RH down at R diag. side
1	Step forward RF, body leans forward and turns facing downstage R, bending both elbows with quick rhythm
&	Pulse body up, press arms downward
2	Return to the position as 1 st beat
& 3 & 4	Repeat & 1 & 2 in opposite direction
5	Jump feet together on demi pointé; arms clap in front of chest
6	Jump feet apart to 2 nd parallel, both arms relaxed slightly behind sides
7 & 8	1 st parallel, 3 small jumps to R on spot, turning to look for focal point
& 1 - 8	Repeat 1 - 8 on the same side
1	Step LF to L side (weight on L), RF on the floor on demi pointé Rib shift L L fist near L shoulder, L elbow reaching out, RH extended shoulder height. Palm down
2	Move RF, feet together, both hands click in front of eyes
3 - 4	Repeat 1 - 2 in opposite direction
5 - 7	Repeat movement in 1 st beat step to side L, R, L (transfer weight every time)
8	Move RF, feet together, both hands click in front of eyes

&	RF lifted close beside L knee, wrists crossed
1	Point RF in 2 nd parallel (weight on LF), forearms open with clicks, elbows bent
& 2	Repeat & 1 on RF
3 - 4	2 picked up steps forward with RF and LF (with slight bounce) Arms figure 8 to R hip then L hip with clicks
5	Step RF on front position, bent knees slightly Hands near waist, elbows reaching out at back
&	Lift pointed LF to ankle, slight contraction Both hands click in front
6	Step LF on spot, bent knees slightly Hands near waist, elbows reaching out at back
&	Lift pointed RF to ankle, body slightly contract Both hands click in front
7	Point RF to R side, arms extended to sides, palms down
&	RF lifted close beside L knee, head down relaxed, fists to chest
8	Feet together, head well lifted, arms up straight above head, fingers splayed

Example: Hip Hop 2 (CSTD - Grade 6 Locking Exercise)

Beat	Dance description
Preparation	Stand upstage centre, feet together, arms by sides
1 - 16	Wait
Combination 1	
& 1 2 3 & 4	“Funky Chicken” - ball change (R, L) weight finishing on RF, LF, RF, then slightly trembling on R knee Elbows popping x 4
& 5 - 8	“Funky Chicken” - repeats starting on LF, repeat arms movement
1	Stamp RF together RH “stop sign”
&	RH points down
2	Pop L knee out with body leaning forward from hip joint, RH point downstage R
3 &	Stand upright, legs straight Repeat 1 & 2 arms using LH
4	Spring to 2 nd demi pli� (hip joint with natural turnout), body leaning forward L finger pointing L side
5 &	Spring feet together Elbows at shoulder height and forearms roll out and down 2 times
6 &	Hips push forward, body leans back, then lean forward from hip joint Clap behind and in front
7 &	Stand upright, both arms placed sideways, forearms straight up, palms facing front, then flow down sides of body
8	Pop R knee out and leaning forward from hip joint Elbows reaching out, both hands clench to fists (holding bike handles)
Combination 2	
1 - 4	Step: RF stamps on 1 st and 3 rd beat with toes out; on 2 nd and 4 th beat with toes in head pop / groove with accent back, head looks front. Hand Position: 1 st beat, LH up makes 90 degrees, palm in, RH fingers point to R hip; 2 nd beat, LH and RH in opposite direction; 3 rd and 4 th beat, repeat (1 st and 2 nd beat)

5 - 8	Repeat L and head look L, R forearm up to begin
1	Stamp LF together, straight legs, hips push forward, head looks front Swing fists to front of face, eye-line over fists, elbows down
2 &	Hips pull back slightly Swing fists to double pulse beside shoulder, striking down twice, elbows out
3 &	Hips push forward then sit back and lean forward from hip joint Hands clap behind then clap in front
4	Eye-line, head and upper body to DSL, LF demi pli�, RF parallel attitude (knees down) L hand to forehead, R hand grasps R ankle
5	RF crosses over L knee (bent knee and lifted F), body leans R LH slices across chest to R shoulder, RH down by side
6 &	2 nd pli� (with natural turnout) and body double pulse Elbows out, show double pulse
7	Spring feet together, stand upright, arms down by sides
8	Pop R knee out RH pointing up diag. R, LH down by side

Example: Hip Hop 3 (CSTD - Grade 2 Dance Steps)

Beat	Dance description
Preparation	Up stage centre, feet apart with RF on the ball, arms down by sides
1	Slide RF through the ball to 2 nd plié toward downstage R, hands on knees
2	Bring LF together, swing arms sideways to clap above head
3	Repeat plié using LF toward downstage L
4	Bring RF together, 2 claps above head
5 &	Bring RF to parallel 2 nd plié, Rock hips and incline head R, L Both fists above head moving R, L
6	Release LF pointed and turned out Both forearms to right, fingers splayed
7 & 8	Repeat 5 & and 6 in opposite direction
1 - 8	Repeat slide to plié, repeat 1 - 8 on the same side
1 - 3	Step: 3 picked up bouncy steps turning R (“spot” head) Hand Position: 1 st beat, hands clasped and slicing to right, 2 nd - 3 rd beats, hands behind back
4	Jump feet together, clap in front of chest
5 - 8	Repeat 1 - 4 opposite
1 & 2 &	2 single knee Bops R, L L hand on L knee fingers in, Swing R forearm across to L shoulder then out to R with clicks
3 & 4 &	1 double knee bop R Circle R forearm past L shoulder over the top and back to L shoulder
5 & 6 & 7 & 8	3 ½ single knee bops L, R, L, R Swing RH out, in, out, in



3.3 Examples of Classroom Teaching

Jazz and Hip Hop are featured with a quick tempo that impresses audiences with its dynamism. They offer clear-cut beats for training and free use of limbs. The action produced is full of strength and energy, thus giving rise to a kind of fluidity. When choosing music, the teacher is advised to use popular pieces that can motivate students. He / She needs to encourage students to be innovative throughout the training.

3.3.1 Example 1: Coordination of Arms and Feet

Lesson Objectives

Upon completion of the lesson, students can:

- Control arms, feet and direction and demonstrate a combination of movements
- Show arms and feet coordination before walking
- Feel rhythm with own body

Number of lessons

- One

Steps

- Arm Exercise with Walk
- Step Clap
- Step Combination and Body Ripple

Learning Content

Introductory activity	Learning focus / Development
Warm up by using required arms and feet positions and directions	1. Pay attention to the rhythm / tempo 2. Locate arms and feet and sense directions
Theme / Skill development	Learning focus
1. Individual learning 2. Synchronising with music 3. Amalgamation of basic steps	1. Be aware of the flow of the combination 2. Synchronise movement with music 3. Be aware of body coordination
Application	Learning focus
1. Adapt varying rhythm and tempo 2. Group appreciation	1. Be aware of step and rhythm coordination 2. Pay attention to other groups' creativity
Consolidation	Learning focus
1. Summarise movement essentials 2. Students design 4 x 8 beat combination	Design with acquired movements

3.3.2 Example 2: Kick Exercise

Lesson Objectives

Upon completion of the lesson, students can:

- Control their leg muscles
- Effectively control over coordination of legs and body
- Feel rhythm with own body

Number of lessons

- One

Steps

- Kick in Attitude
- Kick Ball Change
- Kick Combination





Learning Content

Introductory activity	Learning focus / Development
Warming up by stretching and controlling leg muscles with music	Feel the force of the leg muscles and their control
Theme / Skill development	Learning focus
1. Individual learning 2. Synchronising with music	1. Learn steps of step (kick) and arms position 2. Be aware of weight transfer 3. Synchronise movement with music
Application	Learning focus
1. Adapt varying rhythm and tempo 2. Group appreciation	1. Emphasise on body suppleness 2. Be aware of the flow of the steps and balance
Consolidation	Learning focus
1. Summarise movement essentials 2. Students design a 2 x 8 beat combination	Design with acquired movements

3.4 Assessment

Curriculum, teaching and assessment are complementary components in the process of learning. Assessment not only evaluates learning outcome but also enhances learning. Effective assessment can reflect students' strengths and areas for improvement. It, moreover, can identify the appropriate way to enhance learning effectiveness, such as adjusting individual learning goals and pace. In the teaching of Jazz and Hip Hop, assessment is preferably done in groups of 4 to 6 persons, taking account of students' sense of rhythm, smoothness of amalgamation, ability to cooperate and share ideas, as well as creativity.

Sample Assessment Form (Teacher Assessment / Self Assessment / Peer Assessment)

Theme: Hand Leg Coordination				
Name: CHAN TAI MAN		Class: 4B	Class number: 4	
Assessment Criteria	Put a “✓” in the appropriate box			
	Fully achieved 	Often achieved 	Occasionally achieved 	Improvement expected 
1. Control of learned basic step or shape	✓			
2. Ability to express learned dance form		✓		
3. Involvement and enjoyment in dance		✓		
4. Ability to design simple combinations with acquired knowledge / skills			✓	
5. Dexterity and style of performance			✓	

Teachers may add or delete certain criteria wherever appropriate.

References and Websites

Movies

(1) Jazz

White Night (131 mins) <VCD>, copyright 1985 Columbia Picture.

A Chorus Line (103 mins) <VCD>, 1985 Embassy Films Associates, 2002 Panorama Entertainment. West Side Story (154 mins) <VCD>

Save The Last Dance (113 mins) <VCD>, TM & copyright 2000 by Paramount Pictures. Era Home Entertainment Ltd.

Centre Stage (124 mins) <VCD>, copyright 2000 Columbia Pictures Industries, Inc. copyright 2000 Layout And Design Columbia TriStar Home Video.

Bootmen <VCD>, 2000 Twentieth Century Fox Film Corporation. 2001 Twentieth Century Fox Film Entertainment, Inc.

(2) Hip Hop

Honey (94 mins) <VCD>, copyright 2003 by Universal Studios.

Take the Lead (117 mins) <VCD>, copyright 2006 by New Line Cinema Universe Laser & video Co., Ltd.

Step Up 1 (104 mins) <VCD>, copyright 2006 by Buena Vista Pictures Distribution, CN Entertainment Ltd.

Step Up 2 (98 mins) <VCD>, copyright 2008 by Offspring Entertainment, CN Entertainment Ltd.

U Got Served (95 mins) <VCD>, copyright 2004 by Screen Gems.

Kung Fu Hip Hop (90 mins) <VCD>, copyright 2008 by China Film Group

Musicals

Cats

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Tap Dogs

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