



Digital Access Program

Hip Hop Choreography

Created by STG Teaching Artist: Lex Ramirez

This curriculum is tied to an interactive lesson plan:

<https://www.youtube.com/watch?v=ISaHdDXzFDO>

Description: Participants will learn some Hip Hop foundational moves and choreography with music by local artists who have participated in STG programs.

Goal: Provide participants with the knowledge of some foundational moves of hip hop and an opportunity to learn a short choreography combination.

Grade(s) /Age(s): 12+, family friendly	Video Length: 30 minutes.
Materials: Computer/device to play video to follow along with instructor	Space needs: These activities can work for any space. Choose a space that is clear of any objects on the floor to allow you to safely move and dance.

Part 1: Warm-Up

Warm up our bodies with some shoulder rolls, stretches, and squats. Instructor will clap twice when there is a transition to signal a new stretch or movement in the warm-up section.

Music – “*Hooked on Comfort*” by Samara Lennox [@samaralennox](https://www.instagram.com/samaralennox)

Part 2: Brief History of Hip Hop

Instructor gives participants a brief history of Hip Hop.

- Hip Hop started in the 1970's in New York, specifically the Bronx. It was mostly Black and Latinx communities who created this form, and they would go to block parties and house parties and break dance and create these social moves.

To learn more, the instructor recommends for students to research Hip Hop history after class. Participants can also take Lex's thirty-minute Hip Hop history class available on STG's Instagram [@stgpresents](#)

Part 3: Choreography

Instructor will count participants in to start the movement saying "5, 6, 7, 8" and will teach using the numbers 1-8 for the various steps/movement.

Instructor will teach Hip Hop choreography combination through the video instruction.

Music – "2 Optimistic" by ParisAlexa [@parisalexamusic](#)

Hip Hop movement terminology used in combination:

- The Woah – making a quick, small circular motion with your fists and lean into a frozen position when the beat drops in a song
- Lean Wit It, Rock Wit It – leaning and rocking side to side
- Bart Simpson- sliding to the side and bringing your arms to the side and up
- The Cross Step – a breaking/top rock move where you step and cross one foot over the other

Conclusion/Homework:

Research online the history of Hip Hop and watch Youtube videos of different Hip Hop and Break Dance artists to learn more. Take a video of you dancing to the choreography and tag [@stgpresents](#) in it!

REFLECTION

- Celebrate yourself for allowing yourself to explore your impulses in a creative way. This can be in form of a self-hug, air high five, or just a smile!
- Keep doing these activities as much as you want.
- Push yourself outside your comfort zone and remember to ALWAYS HAVE FUN!

SHARE YOUR FEEDBACK

We appreciate and welcome your feedback! You can share your experience from any of our pre-recorded video sessions with us in this anonymous survey - <https://www.tfaforms.com/4765455>

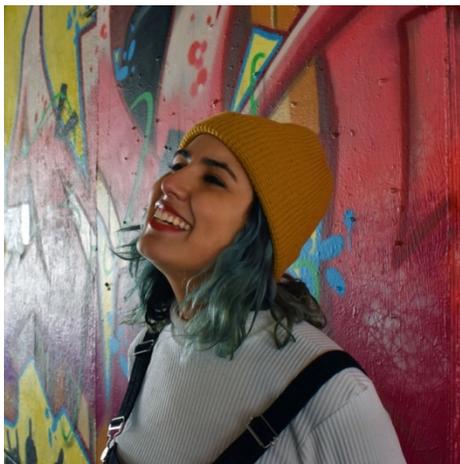
SHARE A PHOTO/VIDEO

If you tried any of these activities, please feel free to share a photo or a short video! We'd love to share what people are doing via our socials!

- o Instagram @stgpresents
- o STG facebook page - <https://www.facebook.com/stgeducation>

ABOUT THE TEACHING ARTIST

Lex Ramirez



Lex Ramirez (she/her) is a teaching artist, performer and choreographer from Oakland, CA now based in Seattle, WA. Her main mission is to make dance accessible to all people so that they can experience the joy of movement. It is important to her to cultivate a fun, supportive community where dancers of all experience levels can thrive! Lex has been teaching and choreographing for the past 15 years and has a minor in Dance from Macalester College. Her experience includes teaching classes and workshops in Seattle for the past 6 years, leading [Drop Squad Crew](#), a Seattle crew open to all experience levels, and founding an all-girls hip hop and social justice program at Denny and Aki Kurose Middle

Schools. Lex currently teaches online Hip Hop classes for [Velocity Dance Center](#) , [Studio Azul](#) and as an independent artist. She has choreographed for Archie the Shycon who recently performed at Capitol Hill Block Party and opened for Zara Larsson. Lex also works as both a teaching artist and coordinator for [Seattle Theatre Group \(STG\)](#), involved with programs such as [Dance This](#), [AileyCamp](#), [Disney Musicals in Schools](#), the STG Dance Season and [STG Young Ambassadors](#), a program she created. She is passionate about the Seattle Arts community and hopes to do all she can to see it thriving during such a tough time. You can information about her online classes at www.lexramirez.com or follow her Instagram/Facebook at @lexsmoove.