

Dance Concepts For All Hip Hop Styles

Are you interested in learning hip hop dance? It's a popular dance style that has taken over the world with its energetic beats, slick moves, and vibrant culture. Whether you're a beginner or an experienced dancer, understanding key dance concepts in hip hop is essential to master this dynamic style.

1. Groove and Rhythm

Groove and rhythm are at the core of hip hop dance. It's all about feeling the music and moving your body with the beat. Develop a strong sense of rhythm by listening to various hip hop tracks and practicing different movements along with the music. Focus on syncing your body movements with the rhythm and let the music guide your groove.

2. Isolation

Isolation is the ability to move one body part independently from the rest. It's a crucial concept in hip hop dance as it allows dancers to create intricate and visually captivating movements. Develop isolation skills by practicing movements where you move specific body parts while keeping the rest of your body still. This can include isolations of the head, chest, shoulders, and hips.



Dance Smart: Dance Concepts for all Hip Hop

Styles by FraGue Moser-Kindler (Kindle Edition)

★★★★☆ 4.1 out of 5

Language : English

File size : 448 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting: Enabled

Word Wise : Enabled

Print length : 102 pages



3. Musicality

Being musically inclined is a vital aspect of hip hop dance. Musicality refers to the ability to interpret and dance to various elements of a song, such as beats, lyrics, and pauses. It involves understanding the dynamics, accents, and rhythm changes within a piece of music. Work on your musicality by actively listening to hip hop songs and exploring different ways to express the music through your movements.

4. Freestyle

Freestyle is the essence of hip hop dance. It allows dancers to express their individuality, creativity, and improvisation skills. To improve your freestyle, practice dancing without any set choreography. Experiment with different movements, groove to the music, and let your body naturally respond to the beats. Freestyling will help you develop your unique style and enhance your ability to adapt to different hip hop styles.

5. Body Control

Body control is crucial for executing sharp and precise movements in hip hop dance. It involves mastering muscle control, balance, and coordination. Strengthen your body control by practicing exercises that focus on body awareness and control, such as yoga, pilates, and bodyweight exercises. Enhancing your body control will greatly improve your overall dance performance.

6. Foundation and Technique

Building a strong foundation and mastering dance techniques is essential for any style of dance, including hip hop. Learn the fundamental movements and techniques such as popping, locking, breaking, and house dance. Take beginner classes or seek online tutorials to ensure you have a solid understanding of these foundational elements. Once you have a strong foundation, you can explore and integrate various hip hop styles into your dance repertoire.

7. Performance and Stage Presence

Being able to captivate an audience is a vital aspect of hip hop dance. Performance and stage presence go hand in hand with mastering the dance moves. Practice performing in front of a mirror or record yourself to analyze your stage presence. Work on facial expressions, confidence, charisma, and storytelling within your movements. Showcasing your personality and connecting with the audience can take your hip hop dance to the next level.

8. Collaboration and Frequent Practice

Hip hop is often performed in groups or partnerships. Collaboration is an essential aspect of showcasing unity and synchronicity within a dance crew. Practice regularly with fellow dancers, participate in dance battles, or join hip hop dance studios to gain experience in collaborating and dancing in a group setting. Learning from others and exchanging ideas can help you grow as a hip hop dancer.

Hip hop dance is a vibrant and evolving art form. Understanding these dance concepts will not only improve your skills but also enhance your overall experience and enjoyment of hip hop. Remember to always have fun, stay dedicated, and never stop exploring and challenging yourself within this dynamic dance style.



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Dance Smart - Concepts For All Hip-Hop Dance Styles teaches you how to make the most out of the things you already know about dance. It helps you to create your own style and unleash your full potential on the dancefloor.

The methods taught help you to:

- create INFINITE VARIATIONS from every move you know
- develop NEW MOVES by switching up the choreographies that you have been shown in class
- uncage your creative mind while dancing to put the FREEDOM back into FREESTYLE

We are not talking about specific moves, styles, or drills. Dance Smart is a game-changing practical guide for hip hop dancers who want to outgrow the structures of choreography classes or step up their dance skills. The concepts work in all street dance styles like Breaking/Breakdance, Hip Hop Freestyle, Newstyle, Locking, Popping, House, Krump, Clowning, and even Dancehall.

Order your copy now and take your dance to the next level!

Who is FraGue?

FraGue Moser-Kindler is an artist based in Austria who works with dance for almost two decades. As a career changer, he applies the analytic thought process from his original education as a software engineer to everything he learns about dance. This first book distills the fundamental ideas he wishes he knew when he started to dance.



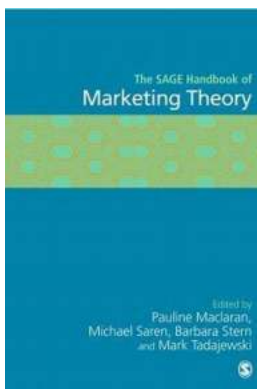
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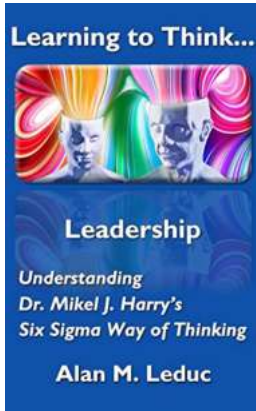
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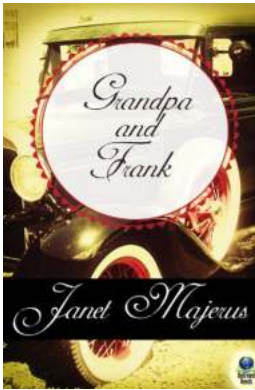
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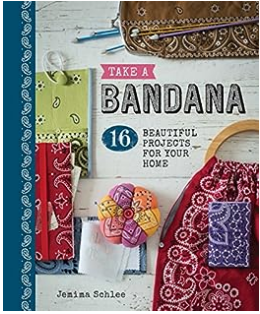
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