

# Hip Hop

## AT HOME LESSON PLANS



### WARM-UP & STRETCHING \*DAILY FOR 20 MINUTES

- Jumping Jacks**, 20
- Run in place** for 30 seconds
- Straddle** stretch
- Pike** stretch standing up and sitting down (pointed and flexed feet with sitting pike)
- Hip flexor** stretches, start on your knees and place one foot in front of your body. Keeping your knee over your toes, gently and slowly rock forward and backward to stretch your hips
- Splits**, right, left, and middle splits - be sure to keep your turnout starting with your hips

### SKILLS AND CENTER

- Kick Step Out**, forward and backward
- Step Jump Together**
- Cross Turns**
- Pivot Turns**

### ACROSS THE FLOOR

- Jazz walks**, get sassy!
- Jazz walks with pivot turns**, 4 jazz walks, pivot turn, pivot turn
- Chasses** alternating R and L
- Walking battements**, keep your supporting leg and back straight, keep your hips down and your arms in a strong second position
- Leaps**, step step leap or chasse step leap, using opposition arms

### CENTER COMBO

- Using the skills that you practiced today, make up a combo to your favorite song! Post the video and tag us #dawistotallyrad

### MUSIC

- Below is the link to a great playlist on Spotify. If you have a Spotify account you can listen to these songs in their entirety. Otherwise, use any of your favorite music!

### CLASS PLAYLIST

<https://open.spotify.com/playlist/4OZDmr9TMblsvkhc30DOVe?si=0-OYVxoqTBqJSDSNyhhFog>