



Soul 2 Sole

Hip Hop Syllabus



HIP HOP DESCRIPTION

- High-energy dance style blending street dance, funk, and jazz elements
- Focuses on musicality, isolations, and coordination
- Encourages individual style and expression
- Requires strength and stamina for dynamic movements
- Includes intense warm-up, conditioning, progressions, and choreography
- Incorporates Hip Hop, Rap, and R&B music for an energetic atmosphere

CLASS OBJECTIVES

- Learn fundamental techniques of street dance, funk, and jazz within Hip Hop style.
- Develop musicality, rhythm, and coordination in movement.
- Cultivate individual expression and creativity through choreography.
- Build strength, stamina, and agility required for dynamic dance routines.
- Master intricate footwork, isolations, and syncopated rhythms characteristic of Hip Hop.
- Instill values such as dedication, time management, resilience, and teamwork

BENEFITS

- Improves cardiovascular health and stamina through energetic routines
- Enhances coordination, rhythm, and musicality
- Builds strength, flexibility, and agility
- Boosts self-confidence and self-expression through individual style
- Promotes social interaction and teamwork in group settings

DRESS CODE

- Any color & style leotard
- Black/White Hi Top Canvas Sneakers
- shorts/skirts/leggings
- Hair off the face

COMMUNICATION

- BAND APP -
 - Info and files
 - photos & videos



WHAT OUR YEAR LOOKS LIKE

- Season runs from Sept. through May
- Tuition is processed in 9 monthly installments
- Costume fee: \$50 due Oct 15. remained of balance due Jan. 1
- Membership fee applies to the WHOLE family for the WHOLE season!
- Every class students will be learning 3 new steps and continuing to review and master previously learned steps.
- Attendance is crucial to success and quality of class
 - Every 4-5 weeks based on the calendar, students will be assessed on the skills/steps that were taught and sent home
- We will perform a short dance in our **WINTER SHOWCASE** that is scheduled in December 2024.
 - Costumes are low key for this performance, and usually items that can be found in a closet or purchased inexpensively
- We will also perform one piece in our **END OF YEAR RECITAL**. The dates are still TBD, but please plan on the 2nd or 3rd week of May.
- In April we will have a costume pick up week, picture week, and a stage rehearsal.
- Dancers & Parents must be respectful to all dancers, teachers, & faculty both inside and outside the studio. This includes in person and social media

STUDIO CONTACT

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