

MONDAY

droppin' groove knowledge

What is a groove? Groove is used in hip hop to help convey and define the style or feel of a song. Grooves are based on the rhythm of the music and the movement you chose usually reflects the overall tone of the song.

Types of Grooves

- 1) Down (or low) grooves emphasize the beats in the music with downward rocking motions.
- 2) Up (or lifted) grooves emphasize the beats in the music with motions that lift upwards.
- 3) Bounce (or jump) grooves involve a lighter and bouncier type of movement, usually adding in some form of jump or hop.

Style Specific Groove Examples

- 1) Housing: Jacking (bounce groove)
- 2) Old School: Slide Pop (up groove), B2K (down groove)
- 3) Locking: Smooth Head Isolations (could be down or up depending on the song and style)
- 4) Krump: Wobble (down groove)

TUESDAY

waving & isolation concepts

- Begin with Arms in a T with blades
- **Exercise 1:** Bend your R wrist 1-2, lift your R elbow fingertips & hand parallel to the ground 3-4, shrug your R shoulder extend your R arm 5-6, straighten back to T 7-8, repeat 10 times, increase tempo
- **Exercise 2:** Lift your L shoulder 1-2, press L shoulder down lift L elbow 3-4, flex L wrist 5-6, straighten back to T 7-8, repeat 10 times, increase tempo
- **Exercise 3:** Bend your R wrist 1-2, lift your R elbow fingertips & hand parallel to the ground 3-4, shrug your R shoulder extend your R arm 5-6, shrug L shoulder, R arm to T 7-8, press L shoulder down lift L elbow 1-2, flex L wrist 3-4, straighten back to T 5-6, hold T 7-8, repeat 10 times, increase tempo
- **Exercise 4:** Bend your R wrist 1, lift your R elbow fingertips & hand parallel to the ground 2, shrug your R shoulder extend your R arm 3, shrug L shoulder, R arm to T 4, press L shoulder down lift L elbow 5, flex L wrist 6, straighten back to T 7, hold T 8, repeat 10 times, increase tempo each time
- **Exercise 5:** Curl fingertips inward towards palm before breaking R/L wrist & add with exercise 4

WEDNESDAY

strength exercises for hip hop tricks

- 20 Wrist curls
- 20 Tricep dips
- Back bend hold for 30 secs
- 15 Back bend push-ups
- "Banana" hollow hold for 15 secs, repeat 3 times
- Frog Headstand (headstand with knees on elbows), hold for 2 eight-counts, repeat 3 times
- Bug Headstand (headstand with knees bent), hold for 2 eight-counts, repeat 3 times
- Frog 1-2, headstand bug 3-4, extend headstand 5-6, fall back to feet 7-8
Repeat as 3 with increased tempo each time

THURSDAY

tik tok time

Learn one of the hip hop Tik Tok dances and share with your fellow teammates!
Add your own style and groove!

FRIDAY

you move i move

Create a "Your First Move is Their Last Move" Dance Challenge Video with your ENTIRE team!
Post it on your team social media and tag us at @varsityspirit! Use the hashtag #DanceAtHome