

The Chinese University of Hong Kong
Physical Education Unit
Hip-hop Dance
Course Content

Week	Session 1	Session 2
1	1. Course introduction 2. Class regulations 3. Safety precautions	4. Introduction on hip-hop Dance 5. Hip-hop dance video
2	1. Music rhythm 2. Basic groove: Bounce, rock	3. Foundations: double bounce, BK bounce, smurf, Biz Markie
3	1. Basic groove revision: Bounce, rock 2. Learn basic groove: isolation, rolling, wave, skate	3. Foundations: shamrock, funky corner, body wave, Bart Simpson
4	1. Basic groove revision: bounce, rock, isolation, rolling, wave, skate 2. Learn basic steps: forward, backward, side, cross	3. Foundations: drop, crab, James Brown, heel toe
5	1. Basic groove and steps revision 2. Learn prescribed pattern dance routine (i) - Key foundations: BK bounce, Biz Markie, smurf	3. Group practice
6	1. Prescribed pattern dance routine (i) revision 2. Learn dance routine (ii) - Key foundations: James Brown, Bart Simpson, drop	3. Group practice
7	1. Prescribed pattern dance routine (i) (ii) revision 2. Learn dance routine (iii) - Key foundations: Heel toe, crab, funky corner	3. Group practice
8	1. Prescribed pattern dance routine (i) (ii) (iii) revision 2. Learn choreography principle: lines	3. Dynamic and static lines 4. Choreography group practice
9	1. Prescribed pattern dance routine (i) (ii) (iii) revision 2. Learn choreography principle: layers	3. Time and space dimensions of layer 4. Choreography group practice
10	1. Prescribed pattern dance routine (i) (ii) (iii) revision 2. Learn choreography principle: transition	3. Fluidity and musicality of transitions 4. Choreography group practice
11	1. Prescribed pattern dance routine (i) (ii) (iii) revision 2. Learn choreography principle: poses	3. Dynamic lines and static poses 4. Choreography group practice
12	Examination	Examination
13	Examination	Written Examination and Course Evaluation