



| Class: | | Preschool Hip Hop Lesson #4 | |
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| Focus Skill: | | 3 Step Turns | |
| Age: | | 3-5 Years | |
| Class Segment | Skill/Position | Activity Description | Teacher notes |
| Stretch/Warm-up | attendance/question | What is your favorite thing about dancing? | Encourage students to listen to one another's responses to create a welcoming learning environment |
| | Cardio warmup | Jumping jacks | Choose a high energy song to get the dancers excited for class |
| | | High knees | |
| | | Criss-Cross Jumps | |
| | Dance warm up | Pat knees to the beat of the song | Purpose: get in the groove of dancing mentally and physically! Starting class with rhythm-work is a great exercise to get their minds working. |
| | | Once the class finds the rhythm, switch to step claps (4 eights) | |
| | | Hip shakes (2 eights) | |
| | | Snakes (4 eights) | |
| | | Bouncing (emphasis on the chest) (4 eights) | |
| | | Grapevines (4 eights) | |
| Skill breakdown | Top Rocks | Introduce skill w/ hands on hips. Practice cross one foot over and tapping with your heel | Use dot as "home base." So you cross and tap, then return to home base |
| | | 4 slow/half time, then try 4 quick/double time | |
| | | Add in arms | |
| | 3 step turns | Put 3 dots on the floor, close together (these are for each step in the turn) | These can be challenging for toddlers! Go slow, be patient. |
| Break down the skill - See breakdown explanation in lesson description above. Repeat several times slowly on one side. Can have the kids line up and try it using the 3 dots laid out. Bonus: try the left side if they are ready! If not, wait another week. | | | |
| Across the Floor | Strut walk | Lay out 1 dot at the end of the room and have students line up on other end | Encourage them to shake their hips, find the rhythm of the song, and overall deliver some style and confidence as they go across the floor |
| | | Students will "strut" to the dot and strike 3 poses | |
| | | Strut back to the line | |
| | | Can repeat with students "strutting" sideways or backwards instead | |
| | Grapevines | Half time all the way down the floor | Make sure students are crossing behind |
| | | Double time all the way down the floor Repeat on left side. | |
| | 3 step turns | Half time all the way down the floor | Tip: Tell students to turn "towards" the mirror |
| | | Repeat on left side. | |
| Fun activity: Structured improv | Choose an adjective and have the kids structure their improv around it. | Use accessible adjectives for preschoolers | |
| | Examples: sharp, smooth, fast, slow, party, etc. | | |
| | Every 30-45 sec, pause the song and choose a new word | | |