

Program Name: Hip Hop Dance

Artist: Wendy L. Harris

## Special Requirements:

A large, clear space for dancing, preferably a gymnasium or multipurpose room; floor space cleaned prior to the artist's arrival

This program also available as a residency.

## Workshop Description

This high-energy dance class is enjoyed by both boys and girls who want to learn the latest urban dance steps. Influenced by some of today's hottest video choreography, these dances are presented in an age appropriate and level conscious manner while combining elements from traditional African, jazz, and street dance styles.

The class will include proper conditioning and warm-up, individualized dance steps and full-bodied combinations. Dancers will love learning these expressive dance steps while getting the physical education they need to stay active. This program will also develop

confidence & self-esteem. Students will take pride in their work as the instructor works to inspire, empower, and uplift.



## Educational Objectives & Standards

Students will:

- Use movement and dance to communicate a feeling, idea or story.
- Use dance to create meaning.
- Understand choreographic principals.

Standards addressed:

- Listen to and respond to a variety of media.
- Contributes to the development of a supportive climate in groups.
- Concentrates mental and physical energies.

## Artist Bio

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Wendy Elle has always had a passion and heart for the performing arts. In her early years, Wendy Elle frequently appeared in talent shows, parades, stage plays, and fashion shows. She attended Eastern Michigan University and performed with their Gospel Choir and participated in dance and drama ministries which led to an opportunity to become a backup dancer for several legendary gospel singers.

In KC, Wendy Elle landed a starring role in the movie ‘Secrets Revealed’. She

choreographed for The Urban Youth theatre, was selected to be manager of 1st Class Entertainment, and started a dance group called D.U.I.(Dancing Under the Influence). She was the Hip-Hop instructor for IMDA assisted with Ice Dance Studios, City in Motion, KCMDT, LINC and choreographed and danced in music videos for local artists.

## List of Resources:

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### Books:

When the Beat Was Born: DJ Kool Herc and the Creation of Hip Hop  
by Laban Carrick Hill

Hip Hop Speaks to Children: A Celebration of Poetry with a Beat (A Poetry Speaks Experience)  
by Nikki Giovanni

### Online Resources:

The Soundtrack for Happy Feet  
Will Smith – Getting’ Jiggy Wit It  
Shake It – Aaron Carter  
Black Eyed Peas – Let’s Get It Started  
U Can’t Touch This – MC Hammer  
Ice Ice Baby – Vanilla Ice  
P.Y.T. (Pretty Young Thing) – Michael Jackson  
Lip Gloss – Lil Mama

Contact KCYA for more information about this and other programs

816.531.4022  
KCYA.org

## Vocabulary

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**Eight count::** Most hip-hop dance instructors teach the movements in a piece of choreography in sets of eight counts. Each count is one beat in the music. Each set of eight beats is an eight count. Where an eight count starts and ends is not arbitrary, but can be heard in the rhythm of the music.

**Focus:** Your focus is where your eyes are looking while you dance.

**Freestyle:** Freestyle is dancing without choreography

**Isolation:** An isolation is a movement that involves isolating a single part of your body and moving it, while keeping the rest of your body still.

**Tempo:** Tempo is the pace of the music: how fast or slow it is.

**Window:** a window is the space which a person can see their reflection in the mirror.

## Post-Workshop Activities

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1. Call and response is common in many styles of dance, including Hip Hop. Students should stand in a circle for this activity. Have Student A perform a movement as they move across the circle toward Student B, passing off the movement with eye contact. Then Student A assumes B's position. Student B moves across the circle performing the movement. Halfway across, Student B switches to her own gesture and passes it off to Student C. Keep

going until everyone has had a turn!

2. If your Hip Hop class is working towards a performance, have them practice between visits from the teaching artist.