

Harry Weston is a Principal Dancer and the Program Supervisor for the Hip-Hop dance company and service organization, Versa-Style, which uses Hip-Hop and Streetdance art forms to uplift and empower the youth of Los Angeles, educate mainstream audiences to the roots, history, and lineage of Streetdance, and inspire all people to build community and think critically about the role they play in the world at large. He set out to create a standards-based Hip-Hop dance curriculum specifically tailored to working with systems-impacted youth. So far, he has established a strong connection to youth advocacy organization Arts for Incarcerated Youth, has designed the early stages of the curriculum, and will be implementing its first trial run in Fall 2019 at Los Padrinos Juvenile Hall. The ultimate goal is to start providing Hip-Hop Dance Education to systems-impacted youth across the Los Angeles juvenile justice system, and beyond.

## AIYN Hip-Hop Dance Residency (6 Weeks)

### Week #1

#### Session #1 (1.5 Hours)

*Room is arranged with tables and chairs. No music yet.*

*TA Instructs Students to sit, makes light conversation while everyone gets settled in*

- TA Introduction (2-5 minutes)
  - Teaching Artist introduces life story (short version), including artist statement
- Student Introductions/Check-in (5-10 minutes)
  - Question for each student to answer individually, going around the table
  - "How are you today?" (plus first name)

*Clear room of tables and chairs, being sure to face all chairs away from center of the room to avoid temptation to sit at any time*

- Warm Up (2-5 minutes)
  - TA leads Students through easy, simple body movements like jumping jacks, simple stretches, etc. (with music)
  - Introduce short section of bounces
- Teach Hip-Hop Dance Vocabulary #1 – Bankhead Bounce (5-10 minutes)
  - Break down anatomy of movement, also introducing history and origin of the step
  - Introduce variations including directions, timing, tempo, and arm position (with music)
- Teach Hip-Hop Dance Vocabulary #2 – ATL Stomp (5-10 minutes)
  - Break down anatomy of movement, also introducing history and origin of the step
  - Introduce variations including directions, timing, tempo, and arm position (with music)
- Teach Hip-Hop Dance Vocabulary #3 – Cat Daddy (5-10 minutes)
  - Break down anatomy of movement, also introducing history and origin of the step
  - Introduce variations including directions, timing, tempo, and arm position (with music)
- Across the Floors (15-20 minutes)
  - Arrange Students in 3-4 vertical lines facing one side of the room. Instruct Students to copy movement of Teaching Artist, moving down the floor, one line (horizontally across) at a time, with each line moving 8 counts after the person in front of them, and rearranging the lines facing the opposite direction at the other side of the room. Have

Students walk across the floor every 8 counts to practice/get familiar with the procedure.

- Practice Vocabulary 1-3 across the floor, then introducing other simple movements/vocabulary (all with music).
- Cipher (10-15 minutes)
  - TA arranges Students in a standing circle, explains definition/cultural significance of a Cipher (equitable shape, symbol of protection, place of sharing and safety). Also introduces Cipher Agreements *1) Engaged at all times 2) Supportive at all times 3) One person in the center at a time 4) Wait until Dancer completes set before entering*
  - TA instructs Students to enter Cipher and execute at least one Vocabulary from lesson of the day (with music)
- Reflection (10-15 minutes)
  - TA instructs Students to sit where they are standing. TA has each Student share one highlight from the day (a moment, a movement, etc.)

TA introduces ending ritual: Touch your head (giving thanks to knowledge received), Touch your heart (giving thanks to love received), Touch the floor (giving thanks to mother earth), Point up and say THANK YOU together (giving thanks to ancestors).