

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

Teaching Content:

1. Introduction of Hip-hop dance
2. Music rhythm
3. Basic groove: Bounce
4. Basic groove: Rock
5. Basic groove: Slide
6. Basic groove: Isolation
7. Basic steps
8. Dance routines
9. Structural choreography: Lines
10. Structural choreography: Layers
11. Structural choreography: Transition
12. Structural choreography: Poses
13. Structural choreography practice