

My Hip-hop Lesson

I am writing my essay about one of my hip-hop classes, which was taught by Patrik who is a professional hip-hop dance teacher. Within his lesson, he taught us some history within the culture and history of hip-hop, which includes what B-Boys are, and how it all came about to what it is today. By doing my own research into this myself I learnt that the songs we know as Hip-hop songs today, “They are not hip-hop songs. They are the rock and funk songs that b-boying’s originators danced to in the half-decade between hip-hop’s emergence as a sociocultural movement around 1974 and the development of an associated musical genre in 1979” (Schloss, 2009, pg 17). By listening and learning the history of hip-hop within this lesson, it gives me more of an understanding and appreciation of the dance form we were learning, because it is best to know the history of what you are doing so you can see its development as you continue to learn more about it.

Within the lesson, I believe I did well in keeping my stability in check throughout the lesson, ensuring I am focusing on my strength, alignment and posture. For hip-hop, it is required to not have just one level throughout it all, your posture changes throughout - whether you’re doing a particular move that requires you to be higher up or lower down, by doing so I am keeping my stability correct throughout, as some moves can be complexed and I ensured to keep aligned while making it look effortless. Not only is stability good for increasing my dancing quality, but “A stable trunk is believed to improve performance and less injuries” (Wormhoudt, 2018, pg 144), because if you don’t do a particular move safely, it could do as stated and cause an injury. For the industry in which I am training for, this would be great technique in dancing that people would be looking out for in auditions, and that I will continue to apply throughout all of my classes. The technique we were learning in this lesson wasn’t just about alignment, but how you execute the moves by having a groove towards the beat in your dancing, as well as showing that performance throughout - I believe I did this well within the lesson, as not only do I have past experience with this style of dancing, but knowing the concept of the technique and how to perceive it.

Something I have been taught in past lessons to which I executed in this lesson was musicality: musicality is when you dance to the beat of the music, whether it is a very clear beat, or something you can hear in the back of the song. Towards the end of the lesson, we were working on freestyling where we have to listen to the music and to dance with it with no plan of what you’re going to do, including all the different factors I need for the technique as well as my own experience in freestyle, I danced exceptionally well to the song, as my positive feedback given by our teacher Patrik was my technique and musicality. From this, I will now take on my positive feedback and ensure I keep applying it throughout our upcoming lessons.

I believe that in the lesson, I could have improved my stamina and resilience to the lesson, as when I was struggling with a particular move, or was getting tired and could not push anymore I would get frustrated and give up. Next time, I will keep pushing through and use a positive mindset to get myself through something in the lesson I am struggling with, as well as ask the tutor to help with whatever I need help with. With stamina, not only is it about mindset and pushing yourself, it’s all about your body and how far you can push it with the amount of energy and agility you have. I have taken from the lesson that I am going to work on my stamina by practicing doing large amounts of cardio in large amounts every so often, so that my body will get used to having to do so much physical activity in a short amount of time, as dance takes up so much cardio work, “Stamina is the mental and physical ability to sustain an activity for a long period” (Zamzow, 2021, pg 1).

Not only do I want to work on stamina and resilience during my lesson next time, but remembering to stretch at the end of the lesson. By not stretching, my body has not cooled down after doing

such intense movement and by stopping so quickly, I am not allowing myself to cool down slowly, which can lead to dizziness - this is because when your heart instantly stops after cardio, it needs to slowly go back to its resting heart rate, so it needs that time to go back. Not only your heart, but your muscles need time to slow down, as they need time to stretch and for the blood circulation of your muscles to settle slowly, by doing so, it can prevent injuries and sore muscles. Not only is this known to happen when you don't cool down, but it actually happened to me after this lesson because my legs were extremely sore since they had not cooled down properly - since this lesson, I learnt from it, as well as doing my own research as to why, and ensured I cooled down correctly after each lesson.

To conclude the lesson, I need to continue to enhance my knowledge of the technique which is being taught to me within the lesson, as well as work my stamina and resilience throughout the lesson, ensuring I am concentrating to what is being said but not stopping when things get tough because that is not the mindset I should be having when I get something wrong, taking into consideration both positive and negative feedback for the future.

Bibliography:

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