

- **The Basics of Hip-Hop dance Technique and History**

- Brief overview of History of Hip-Hop Culture and Hip-Hop Dance
 - Origins and creators and crews
 - Cool Herc
 - Africa Bambatta
 - Rock Steady Crew
 - NYC Breakers
 - Crazy Legs
 - MOP-TOP

- **Elements of Hip-Hop**

- DJ'ing
- MC'ing
- Graffiti
- Breaking
- Beat boxing

- **Hip-Hop Dance Basics**

- Groove
- Timing
- Alignment and Stance
- Isolations
- Up, Down and Drops
- Body Rolls
- Bouncing, Rocking and Two Step
 - https://youtu.be/F_xK9F9AP48?si=88h-7Akpj6N2WoiA
 - https://youtu.be/xvmNPLFoDEc?si=EF87aIWX_qfLgw5p&t=35
 - https://youtu.be/4BRd2E8vBic?si=mlpgDegHVLseu_ja&t=149
- Cypher

- **Social dances:**

- **80's Social Dances**

- **Steve Martin:** https://youtu.be/xgc0jclC2_E?si=l3kWgg9QjDKHy1Tm&t=28
- **Biz Marky:** <https://youtu.be/B6x4nMLmhYo?si=7X7ZCYHSyOeJnkWv&t=28>
- **The Wop:** <https://youtu.be/9u4x6xv2Fmw?si=qpU77cV-Z40PkzQF&t=35>
- **The Running man:** https://youtu.be/cuGghyTD6fE?si=Nx_u-asWpczvkuw
- **Happy Feet:** <https://youtu.be/S0vC0Yfet-w?si=5rA5isxPeyHqwQcN>
- **Kick Step & Kick Cross step:** https://youtu.be/Q9GM3P4sRas?si=g10Ld3GrjQB_paED
- **The Shamrock:** <https://youtu.be/VyONaq6FeIY?si=1KbP-scPoL-9La3w&t=80>
- **The Reebok:** <https://youtu.be/ApJoU1Jbrkw?si=KdC6zH7lgGh3YL7V>

- **Kid n' Play:** <https://youtu.be/RWyxVRdj-Gw?si=FYRgg9G4Ce0Gt1Ft&t=109>
- **Top Rock:** <https://youtu.be/WCGmegTpOFU?si=f7dYRZdsYLLZfMFx>
- **90's Social Dances**
 - **The Bart Simpson:** https://youtu.be/KX-Nbtnsk1E?si=sQ-gz2GabAjp_TmJ&t=31
 - **The Humpty dance:** https://youtu.be/la-OQ6ufuHM?si=NhakROm_nAGL-Hyk
 - **Brush off your shoulders:**
<https://youtu.be/WiVu7EuL8cA?si=6gOKCkGFcbPOzJIH&t=21>
 - **The Butterfly/ Tootsie Roll:**
<https://youtu.be/qs7f3ssuEjA?si=Q3A8td3NurUqOu4Y&t=127>
 - **Heel Toe:** https://youtu.be/DC0FheU410E?si=VKEiCkhxvQt9EA_L
 - **Roger Rabbit:** <https://youtu.be/pua9UszdO24?si=mtHForHCzqxGgVDC&t=132>
 - **Stick and Roll:** <https://youtu.be/FltxXCoxJ0A?si=qurZskkM8a8AEZjF>
 - **Bankhead Bounce:** <https://youtu.be/yBxh4ExgMOU?si=vAYqIpZGICvN17Ra>
 - **Harlem Shake:** <https://youtu.be/dKAjnYffoaE?si=8bUTc17Q0dEmE8m3&t=67>
- **2000's and up Social dances:**
 - **A-Town Stomp:** <https://youtu.be/ZLihv7QAbd8?si=EIDdlkczChxF5Gwl&t=11>
 - **Walk it Out:** <https://youtu.be/K60wXXSJOsg?si=y1CtIFEjhYJzZRRm&t=71>
 - **The Spongebob:** <https://youtu.be/BcURgJBUBDk?si=NtWY2HvFkf0UEt9B>
 - **Wu-Tang:** <https://youtu.be/s21SEwklrM?si=WrXfyhJ8pwPnHjC>
 - **The Cat Daddy:** <https://youtu.be/hdLDkbMgJUy?si=bOz729XPb6mQGLAk&t=11>
 - **The Tone Wop:** <https://youtu.be/ZIAHjO1otrM?si=3yJvP06RkM77RHcl>
 - **Whip and Nae Nae:** <https://youtu.be/vjW8wmF5VWc?si=GNXrD929oEQPTPTm>
 - **Floss:** https://youtu.be/KtKaDQ_p3i4?si=nPOHEIQRlswusaCA&t=13
 - **The Jerk:** <https://youtu.be/oKR5beC4vkQ?si=0uQl68D4dHGzQu4g&t=30>
 - **The Dougie:** https://youtu.be/PIHtUxnRN0c?si=iPbTuTH_f7JQMHOP&t=58
 - **Milli Rock:** <https://youtu.be/PMzDoFuVgRg?si=RanWUKdZEg2OSI6t&t=108>
 - **Dab:** <https://youtu.be/RuVjLICqLNQ?si=n1XAW2NYCes4PQWZ&t=31>
 - **Crank That:** https://youtu.be/8UFIYGkROI?si=Eja7aRtvARyH_k2f