Hip Hop Dance Unit Vocabulary

**Battles:** any level of competition where break dancers, in an open space (typically a circle) participate in quick-paced, turn based routines, whether improvised or planned. Participants vary in number and can often include "crews" or teams. Winners are determined by who exhibits the most proficient combination of moves.

**Break Dance:** (b-Boying/b-Girling) is a combination of funk, martial arts, gymnastics. Break dancing is done to the "break" section of the music where percussion is the strongest.

**Freeze:** (aka Stall) - stationary power move which focuses on a pose. Most skillful freezes require suspension off the floor using specific parts of the body. Two most popular are "chair freeze" and "baby freeze.

**Flare:** common floor element when spinning on hands, legs flare up and open as spin continues.

**Kip up:** spring like action which initiates on your back, hips roll back towards head, then body springs forward and hips lift to end standing up.

**Krumping:** Created on streets, aggressive style of hip hop that looks like fighting, a lot of hand gestures/pushing chest out/stomping feet, and was created as a way to express yourself.

**Locking:** sharp transition between each of multiple freezes/poses like clicks associated with door bolts. Has the effect like locking the joints (moves called skeeters/Scooby doos/stop n’go/fancies)

**Popping:** movement with elements of mime made by flexing the muscles and joints to the beat of the music. Done with locking to create movement/stop effect.

**Robot:** precise, isolated movements and turns that lock into place before the next movement begins.

**Rolls/Waves:** undulating part of the body, most often the arm staring with the fingertips from one end to the other.

**Spins:** Turns done down on an isolated part of the body, like an arm, torso, seat or knee. Often done inverted and initiated by hands, feet or torque of the torso. First spins known as "floats". Require momentum and balance and are less difficult than freezes.

**Afrika Bambaataa:** credited with coining the term "hip hop" and is considered the father of hip hop.

**New School Hip Hop:** more about the flavor of your dance and what you do to the music rather than just the moves you can execute. Musicality is emphasized more. Started in late 1980’s/early 1990’s.

**Old School Hip Hop:** more about the moves you do to the music and include break dancing, popping, locking, Electric boogie and funk dancing. Dates from 1970’s to late 1980’s.