

# street dancing

A real favourite with many kids – they get to feel good and build their strength at the same time.



## An introduction to street dancing

Street dancing covers a wide variety of dance styles. Break dancing involves a lot of getting down on the floor and spinning. Body popping is when the dancer quickly contracts and relaxes their muscles to cause body jerks called pops. Floating is also a kind of body popping and includes the moonwalk, made famous by Michael Jackson in the 1980s.

**Suitable for:** Girls and boys of all ages.

**Equipment:** None – although a Michael Jackson video is a good place to start for inspiration.

**Music:** Hip hop or pop music is needed – if you don't have any to hand, try music channels on TV or the radio.

**Space:** Inside or outside, children will need room to use quite a large area of the floor.

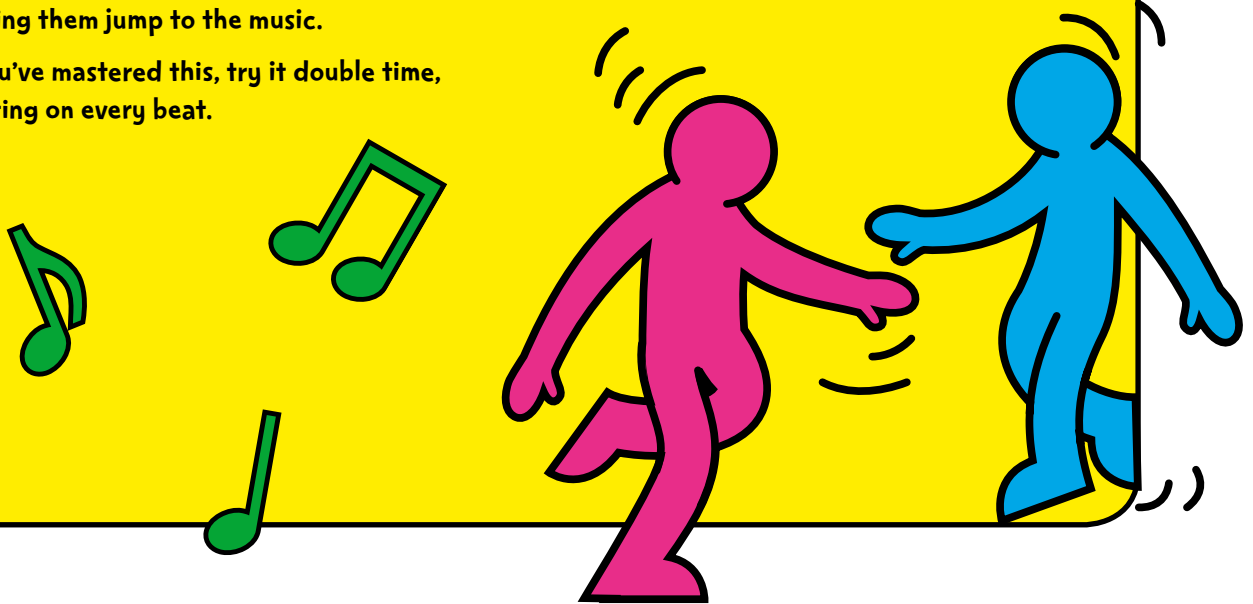
**Safety:** Make sure the room is clear of objects with sharp edges or things children can trip over. If outside, check the ground is smooth – a mat is a good idea if children are trying out ambitious moves. A little warm up is important, before any stretches begin, to avoid the risk of pulling a muscle or feeling sore afterwards. Try a few jumps and shakes of the body, tensing and releasing muscles, in time to the music.

# street dances to try

## Body Popping for beginners

Choose a single body part to start with. Most dancers begin with the arms. Stretch them out in front of you, but don't lock your elbows. Listening carefully to the music, count every two beats and tense all the muscles in your arms. Be careful that you are not locking your joints or straightening the arms. Instead you should simply contract all the muscles instantaneously and then immediately release. Your arms will not change position but will look like they're jolting, as if tiny electric shocks are making them jump to the music.

Once you've mastered this, try it double time, contracting on every beat.



## Basic break dancing moves

**Scissors** - A move started while lying straight on your side, then bending your body in to touch your toes (simulating a scissor motion). Once you unbend and become straight again, you turn to your opposite side and repeat.

**Belly Swim** - While lying on your back, you splay out your arms to turn onto your belly then sweep your arms out in front of you to return to your back. All while using a continuous "swimming" motion.

**Homer Simpson** - Lying on your side, you "run" while your hips and shoulders touch the ground, rotating you on your axis in a circular motion.

