



# STUDENT WORKSHOPS

## THE WORLD OF STREET DANCE

A DETAILED EXPLORATION OF HIP HOP, B-BOY, LOCKING, & POPPING IN ONE WORKSHOP

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## A CLASS EXPERIENCE LIKE NO OTHER

This course expands way beyond a traditional workshop, aiming to introduce students to a range of dance genres commonly associated with Hip Hop. These dance styles each have a culture and history of their own and this class aims to teach aspiring dancers all about it.

Learn the history and techniques behind each of these styles and discover how they work to compliment each other, yet stand independently all at once.



## DESIGNED FOR A SINGLE GROUP

This is an extended workshop that explores a range of movements over the course of the class. This workshop can run at any requested length and for as many separate groups as desired.

### Recommendations:

- Minimum 3-4 hours in length. May be extended over the course of multiple days to expand time spent on any of the genres.
- Course is primarily for pre-teen, teen, and adults of any skill level.
- May function as a teacher training course.

EXPERIENCE THE DIFFERENCE

# ONE GROUP 4 STYLES

## POPPING

HITTING, WAVING, ISOLATIONS

## HIP HOP

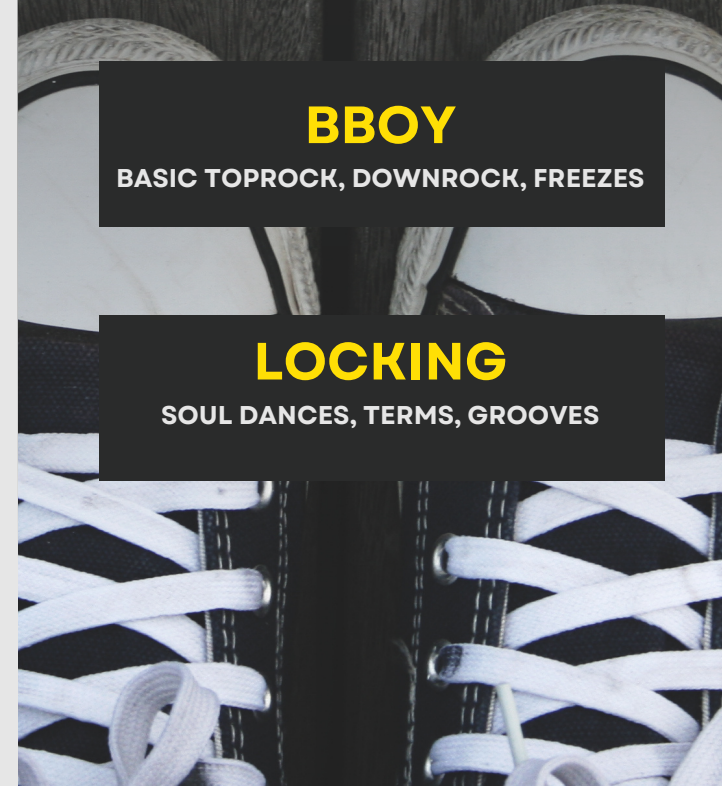
SOCIAL DANCES, GROOVES

## BBOY

BASIC TOPROCK, DOWNROCK, FREEZES

## LOCKING

SOUL DANCES, TERMS, GROOVES



# YOU MAY KNOW HIP HOP. WHAT ABOUT THE OTHER STYLES?

People sometimes refer to this as "old school", but the truth is, it's much more than that. For one, there are entire dance cultures devoted to each of these styles that are alive and well today. Beyond that, the techniques of these styles can do so much to inform any dancer on many layers of movement rarely explored in the dance studio.



## WHAT IS LOCKING?

Locking has been around for decades. Developed in the late 60's by pioneer Don Campbell and his group "The Lockers", this unique style of movement emphasizes performance primarily to Funk music and is a master class in grooves and "soul" for dancers.

Students that study this style gain a unique perspective on what it means to groove and find rhythm in one's own body.

## WHAT IS BBOY?

B-boy, B-girl, Breaking, or "Breakdancing" is one of the original 4 elements of Hip Hop. This dance genre is an athletic form of street dance that explores movement both on the floor and on your feet. While more seasoned dancers may learn about the freezes, tricks, and power moves associated with this style, this class mainly teaches the fundamentals of breaking.

Students come away with a powerful understanding of "floor fluency" and the confidence to perform in a way many dancers find to be quite challenging. Anyone can do this style. These courses show students how that's possible.

## WHAT IS POPPING?

This Funk Style has many layers of technique that are relevant to such a wide range of dancers. Students looking for the complete understanding of dance genres that influence movement in the realm of Hip Hop must understand Popping. Beyond Street Dance, Popping technique offers skills for true versatility and another level of body movements that can even influence their work in other genres.

Muscle contractions, waving, isolations, and other techniques are explored so that dancers can learn proper form when working with Popping or any style of choreography it has developed a presence in.



# A SAMPLE CLASS FORMAT

**THERE ARE COUNTLESS LESSONS FOR STUDENTS TO LEARN REGARDING THESE DANCE STYLES. HERE IS AN EXAMPLE OF THE TECHNIQUES EXPLORED DURING A 4 HOUR WORKSHOP.**

## **HOUR 1**

HIP HOP'S BASIC GROOVES/RHYTHMS, SOCIAL DANCES, & HISTORY, FOLLOWED BY SAMPLE CHOREOGRAPHY PERTAINING TO NEW TERMINOLOGY

## **HOUR 2**

AN EXPLORATION OF POPPING TECHNIQUE. THIS INCLUDES LESSONS AND EXERCISES THAT TEACH STUDENTS ABOUT PROPER MUSCLE CONTROL, ISOLATIONS, WAVING, AND THE INTRODUCTION OF STYLES ASSOCIATED WITH POPPING SUCH AS TUTTING, BOOGALOO, ETC..

## **HOUR 3**

THE FUNDAMENTALS OF LOCKING. THIS CLASS OFTEN COVERS A TON OF TERMS AND GROOVES ASSOCIATED WITH LOCKING FOLLOWED BY CHOREOGRAPHY THAT REFLECTS THE DANCE STEPS COVERED. STUDENTS PARTICIPATE IN PARTNER CHOREOGRAPHY AND OTHER UNIQUE EXERCISES TO BREAK UP THE STRUCTURE OF THE LESSON FOR THE 3RD HOUR.

## **HOUR 4**

DURING THE FINAL HOUR, STUDENTS EXPERIENCE THE BASICS OF BREAKING THROUGH A SET OF LESSONS AND STUDENT CHOREOGRAPHY/FREESTYLE EXERCISES. WITH THE FREEDOM TO MOVE AT THEIR OWN PACE, STUDENTS CAN TAKE THE TIME TO DEVELOP PROPER SKILLS AND MOTIONS IN THEIR BBOY/BGIRL TRAINING.



# CONTACT

TO INQUIRE ABOUT PRICING OR TO BOOK A WORKSHOP, USE ONE OF THE CONTACT METHODS BELOW.

**JOHN "COMIX" BARRELLA**

CALL OR TEXT  
**(732)213-4361**

E-MAIL  
**JOHNBARRELLA13@GMAIL.COM**

WEBSITE  
**WWW.JOHNCOMIX.COM**