



## By *FLY Dance Company*

The talented, comical dancers of *FLY* invite you to experience the world of Hip Hop in a non-stop, fast-action, fun for all ages show. The all-male group is youthful, masculine, risk-taking, acrobatic, funky, and fun—who act as well as dance! Through various skits the students will be informed on how leading a healthy, active lifestyle will improve everyday activities. Then the fun begins as *FLY* shares some history of the Hip Hop culture, including its origins and inspirations. For the *FLY* dancers, Hip Hop has not only been empowering but life changing as it has encouraged them to be “leaders” and not followers, which is just one of the many positive social messages throughout the performance.

The show talks about Hip Hop, the history and about the positive aspects and influences of the culture.

### **BENEFITS:**

- Learn the foundation of B-Boying and Hip-Hop History.
- Learn about setting goals, and working hard towards them.
- Laughter and entertainment.

## **Roots of Hip Hop:**

In the 1970s, the Bronx in New York was plagued by unemployment. Businesses and neighborhoods were rundown and abandoned. Young people from poor, sometimes abusive, homes turned to gangs for friendship and protection. Yet from this devastated town emerged the new cultural movement of hip hop. Its high-energy and fast-beat music and dance helped to bring together communities torn apart by gang violence and poverty. Many Bronx gang members turned away from the streets and headed to the hip hop dance floor and the stage.

## **Hip Hop and Classical Music:**

Hip Hop has been influenced by any and everything since its beginning. Many of today's artists have sampled music from the jazz and disco era, while others search for beats in music from different cultures. Some even go back hundreds of years ago and sample classical composers like Beethoven and Mozart. Hip Hop artist Nas sampled Ludwig van Beethoven's famous "Für Elise" for his hit song, "I Can". This song contains a positive anthem that features a chorus of kids chanting "I know I can/be what I wanna be." He is not the first, or only artist to get inspired by classical music. Other artists like Puff Daddy, Kelis and DJ Premier have also used classical music in their hits. *FLY Dance Company* is known for blending Hip Hop dance styles with classic and classical tunes alike.

## **Elements of Hip Hop:**

### **The Emcee (M.C.)/Rapper**

The emcee is known as the "Master of Ceremonies." The term was documented in the Catholic Church as early as the 5th century. Some tend to confuse the term "emcee" with the term "rapper". The emcee motivates

the crowd to move. Example: Getting the audience to put their hands up and wave them side to side, and encouraging audience participation through applause. A rapper combines rhythm and poetry and flows to the beat of the rhythm.

### **The D.J.**

The D.J. is also known as a "Disc Jockey". They are the ones that mix different sources of music usually for a live audience. Some of the newer DJ's might use turntables, a laptop, and specialized software programs which will align the beats together automatically. The original DJ's used records, two turntables and a mixer to manually mix the music.

### **The Graffiti Artist**

Graffiti is something you might have seen scribbled in a restroom or on the side of the freeway. That however, is vandalism and not the type of graffiti we shed light on. Graffiti can range from simple words to largely detailed wall paintings and it has existed since ancient times, dating back to Ancient Egypt and Greece. Graffiti ART in modern times is usually done using spray paint, or markers if you're using a book as your platform. The Graffiti Art we're talking about is usually contracted out, often depicting a positive social message. Many Graffiti Artists start off by doodling in their sketch book, then find themselves as graphic and clothing designers doing work for major corporations.

### **The B-BOY/B-GIRL**

The term B-Boy which many know as breakdancing stands for Break Boy/Break Girl because the dancers would dance to breaks of the records played by the D.J. Breaking was the first official dance of the Hip Hop culture. Starting in the Bronx in the early 1970's it has spread worldwide and

evolved since its starting stage. Influences of the dance range from kung-fu movies, capoeira, gymnastics, tap dance and even cartoons.

## **Four Ingredients to be a BBOY/BGIRL:**

### **Top Rock**

Top rock is usually done first when you first enter the “performing area.” It is done standing up on your two feet, never low to the ground. This aspect of our dance is influenced by jazz and salsero movements, and even pulls moves from famous dancers like James Brown and Michael Jackson.

- Indian Step- Standing up, feet shoulder width apart you step across one foot with the other, extending your arms each time you step and closing them as you return to the starting position.



### **Footwork**

Footwork is when you’re low to the ground, doing intricate slides, spins and patterns using your hands and feet. Some early forms of footwork were done by Sammy Davis Jr., and even “The Nicholas Brothers” were doing what we now call kick-outs in the early 1940’s.

- Kick Outs- The dancer is low to the ground, in a squatting position and the legs are kicking out side to side. This move can be done with one or both legs at a time.



- Coffee Grinder (Sweep/Clock)- This is where the dancer is low to ground and one leg swings around the dancers body in a circular "sweeping" motion.



## **Freezes**

A freeze is your exclamation point at the end of your dance or sequence. Most times a freeze is held for about 3 seconds. That shows off your strength and control. Depending on the skill level of the dancer will typically determine the difficulty of the freeze.

- Float position- The dancers weight will be supported on the elbows which are firmly planted or "stabbed" into the lower abdomen.



- Elbow Freeze- The dancer will place a forearm on the ground and kick their legs in the air. This move should be learned with both hands, using the free arm to help balance yourself.



### **Power Moves**

Power moves are the flashy, acrobatic movements that require momentum, speed, strength, endurance and control. You will typically see the dancer holding their body up and doing a variety of spins, twists and turns on their hands, elbows, head, knees, and back.

- Flare- The flare is an acrobatic move that is also used in gymnastics, which the performer alternates balancing the torso between either arm while swinging the legs beneath in continuous circles.



- Windmill- The windmill is one of the most popular B-Boy moves where the dancer is on their back and the torso is turning over while the legs remain in the air.



Dancing can be challenging, but it is a lot of fun, and is also a great way to make new friends. You can dance alone, which is known as a "freestyle". That is where you make up the moves as you go, spontaneously creating movement.

Choreography can also be done alone, but it is generally done with partners. The dancers will practice together doing the same sequence of steps at the same time.

With the use of 8 counts, the dancers will be able to figure out how long it would take to count out "1, 2, 3, 4, 5, 6, 7, 8" in a rhythmic fashion.

Many of the moves you see the dancers perform are difficult and they took quite some time to learn. So we have learned patience and dedication through setting goals. We also touch on living a healthy, active lifestyle which also allows us to perform at a high level. These messages can be carried with the student whether it's for their sports, academics, or even a hobby.

### **About *FLY Dance Company***

FLY is what happens when street dance and classical music meet but that's not all.

Based in Houston, Texas, *FLY Dance Company* offers a full range of performances as well as community outreach through edutainment (educational shows), dance workshops, lecture/demos (topics include cyberbullying, healthy eating etc.) and residencies.

*FLY's* performance style is called "theatrical hip hop" — "theatrical" because acting is an essential element of the style. *FLY* has been spreading their infectious "theatrical hip hop" around the world since 1992. Notable

performances include Washington's Kennedy Center, Miller Outdoor Theater, Jacob's Pillow, Vail International Dance Festival, Lincoln Center and Bob Hope Theater

*FLY Dance Company* are available for worldwide touring and can be tailored to fit any venue and or budget size. Contact us today to find out more.