

**De Anza College – Winter 2025**

**Theory & Technique of Hip-Hop**

**DANC 23**

CRN 39164, 39165 & 39166 | Section 01

Tuesdays & Thursdays 2:30-3:45pm – PE11U

Instructor: Rachel Silveria

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Office: A-45

**Office Hours:** Tuesdays and Thursdays 4:30-6pm, and Wednesdays 5-6pm. Please email me ahead of time. We can also schedule a Zoom meeting.

**Description:**

This course is an introduction to the discipline of creative arts through hip-hop dance with an integrated fitness approach that focuses on developing the stabilization muscles in the center of the body. Students will concentrate on muscles of the torso, back, hips, inner and outer thighs, while the chest and abdominals will be used in conjunction with breathing, posture, and muscle awareness. Students will also be exposed to the great works and artists in the field and develop a working hip-hop dance vocabulary, as the course explores the theory and practice of basic hip-hop techniques.

**Student Learning Outcomes:**

Perform the basic steps and choreography required for successful dance collaboration and performance. Have a more in depth understanding of the history and culture of hip hop dance.

**Course Goals:**

- Have an understanding of hip hop vocabulary and technique
- Obtain a basic history of hip hop
- Have expanded and heightened body awareness
- Be able to identify different styles of hip hop
- Know how hip hop fits into a larger world context
- Increase your choreographic learning and creating capabilities

**Required Materials**

Comfortable clothes to move in

Shoes – athletic trainers (clean or new) that are to only be worn in the dance studio

**Attendance Policy**

Students are expected to be on time and prepared for each class. It is not safe to miss warm-up. If you are late, you must warm-up on your own before joining the class.

All Adds must be settled by the end of **Week 2**.

**Missing the Final Exam is an automatic fail in this class.** If there are extreme circumstances an arrangement must be made with the instructor.

*Missing class means both missing graded assignments and letting down your collaborators.*

**IMPORTANT: If you have an emergency or feel ill, and need to miss class, please email me before class.**

De Anza College is committed to protecting the health and safety of all members of its community. By participating in this class, all students agree to uphold and help create a safe environment.

### **Sequences**

Sequence 1 – Call & Response - Duet

Sequence 2 – Hip Hop Styles – Group

Sequence – Solo

### **EXAMS**

All exams will be in class.

### **MIDTERM**

The exam will be on terms and techniques introduced in class and a mid-quarter self-evaluation.

### **FINAL EXAM**

The Final Exam is two parts – a **Dance Film Project** (Week 11) and a **Self-evaluation** (Week 12).

The Dance Film Project will be a collaborative assignment we will create over the quarter. Each project (duet, group & solo) will contribute to the final piece; therefore, it is important not to fall behind. All students are expected to participate on the day of the shoot in Week 11. The Dance Film Project will be graded based on participation for each project that is included in the film.

Students will do a self-evaluation on the day of the Final in Week 12.

### **Grading Weight**

Routine 1 – 5 points

Routine 2 – 5 points

Sequence 1 – Call & Response - Duet - 10 points

Sequence 2 – Hip Hop Styles - Group - 20 points

Sequence 3 – Solo - 25 points

MIDTERM (Week 6) - 40 points

FINAL (Week 11) – Dance Film Project - 25 points

FINAL (Week 12) - Self Evaluation – 20 points

Together, all these assignments add up to **150 points**, and this scale gives you a sense of both their relative difficulty and weight in calculating the final grade. Specific guidelines and grading requirements will be provided for each assignment when it is formally assigned.

**Late assignments** will be accepted at the instructor's discretion and will receive a grade deduction. Any assignment not submitted by the final day of class will be considered unfinished and receive a grade of F.

### **Grading Scale:**

A	135-150
B	120-134
C	105-119
D	90-104
F	89 and below

### **Course Regulations**

#### **First Week Attendance**

As per college policy, if you are not present at the first class meeting, you can be automatically dropped from the course.

#### **Class Conduct**

No food or beverages (water in an enclosed container expected) are to be consumed in the dance studio.

Cell phones must be silenced during class sessions.

No video or audio taping of this class is allowed unless there is an agreement between the instructor and class. Approved and notified student accommodations are an exception but still need to be approved.

#### **De Anza Standards of Student Conduct**

<https://www.deanza.edu/titleix/documents/5510Conduct.pdf>

#### **Academic Integrity**

Plagiarism or cheating of any type will not be tolerated. You may refer to the De Anza's Academic Integrity Policy for specifics. Any assignments found to violate the policies will receive an F.

#### **Academic Integrity Policy**

[https://www.deanza.edu/policies/academic\\_integrity.html](https://www.deanza.edu/policies/academic_integrity.html)

**A note from me:**

Please feel comfortable to come to me when you have questions or concerns regarding the course, or if you would like to know more about De Anza's Academic Resources or Support Services. Below are some helpful links.

Dance is a personal and shared art-form. You will continually be learning about yourself through body and brain. There are no mistakes, only discovery. Be kind to yourself and have fun – it's the creative process!

**RESOURCES & SUPPORT****Resources for Basic Needs**

<https://www.deanza.edu/resources/>

**Psychological Services**

<https://www.deanza.edu/psychologicalservices/>

**Student Disability Support Programs & Services (DSS)**

<https://www.deanza.edu/dsps/>

**Student Success Center**

<https://www.deanza.edu/studentssuccess/>

**Financial Aid**

<https://www.deanza.edu/financialaid/apply/>

**WEEK 1**

Tuesday 1/7

Introductions

Syllabus

*What is Hip Hop?*

Warm Up

Combo

Cool Down

Thursday 1/9

Warm Up

Combo

Cool Down

**WEEK 2**

Tuesday 1/14

*Terms & Techniques*

Warm Up

Combo

Cool Down

Thursday 1/16

Warm Up

Combo

Call & Response - Duet

Cool Down

**WEEK 3**

Tuesday 1/21

*Terms & Techniques*

Warm Up

Combo

Cool Down

Thursday 1/23

Warm Up

Combo

Call & Response - Duet

Cool Down

**WEEK 4**

Tuesday 1/28

*Terms & Techniques*

Warm Up

Combo

Cool Down

Thursday 1/30

Warm Up

Combo

Styles – Group

Cool Down

**WEEK 5**

Tuesday 2/4

*Terms & Techniques*

Warm Up

Combo

Cool Down

Thursday 2/6

Warm Up

Combo

Styles - Group

Cool Down

**WEEK 6**

Tuesday 2/11

Warm Up

Combo

Cool Down

Thursday 2/13

*Terms & Techniques*

Warm Up

Combo

Styles - Group

Cool Down

**WEEK 7**

Tuesday 2/18

MIDTERM

Warm Up

Dance Film Project

Cool Down

Thursday 2/20

Warm Up

Dance Film Project

Styles - Group

Cool Down

**WEEK 8**

Tuesday 2/25

Warm Up

Dance Film Project

Cool Down

Thursday 2/27

Warm Up

Dance Film Project

Solo

Cool Down

**WEEK 9**

Tuesday 3/4

Warm Up

Dance Film Project

Cool Down

Thursday 3/6

Warm Up

Dance Film Project

Solo

Cool Down

## **WEEK 10**

Tuesday 3/11

Warm Up

Dance Film Project

Cool Down

Thursday 3/13

Warm Up

Dance Film Project

Solo

Cool Down

## **WEEK 11**

Tuesday 3/18

Dance Film Project Rehearsal

Thursday 3/20

FINAL – Shoot Dance Film Project

## **WEEK 12**

Thursday 3/27 1:45-3:45pm

FINAL – Self-evaluation

Screen Dance Film Project!

### **Other Important Dates:**

Last Day to drop classes without a W – January 19<sup>th</sup>

MLK Holiday - no classes, offices closed – January 20<sup>th</sup>

Presidents' Holiday - no classes, offices closed – February 14<sup>th</sup>-17<sup>th</sup>

Last day to drop classes with a W – February 27<sup>th</sup>

Final Exams – March 24<sup>th</sup>-28<sup>th</sup>



