JHU Splash – Bboying

Taught by Nicholas Machado, Public Health ‘18

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Course description: The original street dance, bboying originated in the early 1970s in the Bronx, New York. Dubbed "breakdancing" by the media, bboying is the purest element of hip hop, and continues to thrive in its urban roots both in the USA and internationally.

Background Information: No experience required to take this class. The Intermediate course will run longer and go at a faster pace than the Introductory class. Because bboying is a physical activity, if you take this course, please wear proper clothes that you don’t mind getting sweaty. I recommend sweatpants or jeans and comfortable closed-toed shoes (no sandals). Bringing water is recommended, but there are water fountains nearby. I recommend bringing an extra T-shirt to change out of once practice is done, especially if you plan on staying for more classes.

Lesson plan:

* Introduction and overview in the Sherwood Room (Levering Hall) – 10 minutes
* Workshop on basic footwork – 15 minutes
* Workshop on basic freezes – 15 minutes
* INTRODUCTORY CLASS ONLY: Post-workshop discussion, including individual opinions on bboying and the hip hop culture – 10 minutes (**Introductory class session is over**)
* INTERMEDIATE CLASS: 10 minute break
* Mid-workshop discussion, including individual opinions on bboying and personal interests in the dance – 10 minutes
* TENTATIVE TO CHANGE BASED ON WHAT THE STUDENTS WOULD LIKE TO FOCUS ON:

Tips and practice methods for basic footwork and freezes – 20 minutes

Open cypher – 5 minutes

* Post-workshop discussion, how to remain in/follow the scene, individual opinions – 15 minutes

All questions, comments, and concerns can be directed at me through my email address.