



@Findthe8s

Inspire | Motivate | Support

Find The 8's

Teacher Training



Find The 8s

Who We Are?

Find The 8s was set up in 2023 as a platform for Community Dance teachers to find inspiration, stay motivated and feel supported in their classes!

We believe every dance teacher has the ability to teach Street Dance when given the right tools and knowledge.

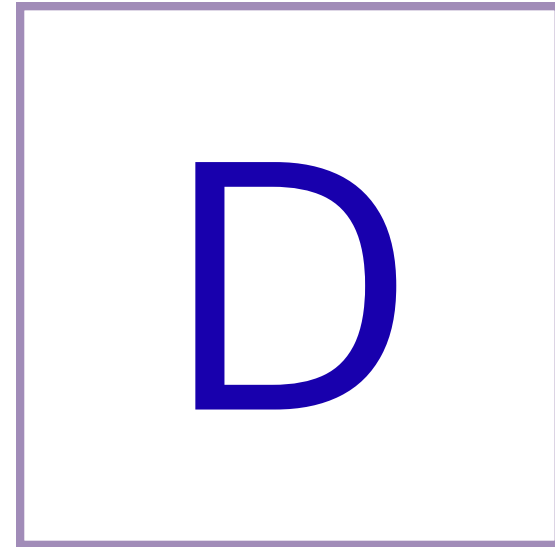
We encourage teachers to teach with confidence, authenticity and provide effective ways to make their Street Dance Classes a success!

The Journey to Find The 8s



The start

Grew up in a small town
Not much opportunity
for authentic Street
Dance



Discovery

Discovered my passion
and love for it at college.
Went on to study Urban
Dance at UEL



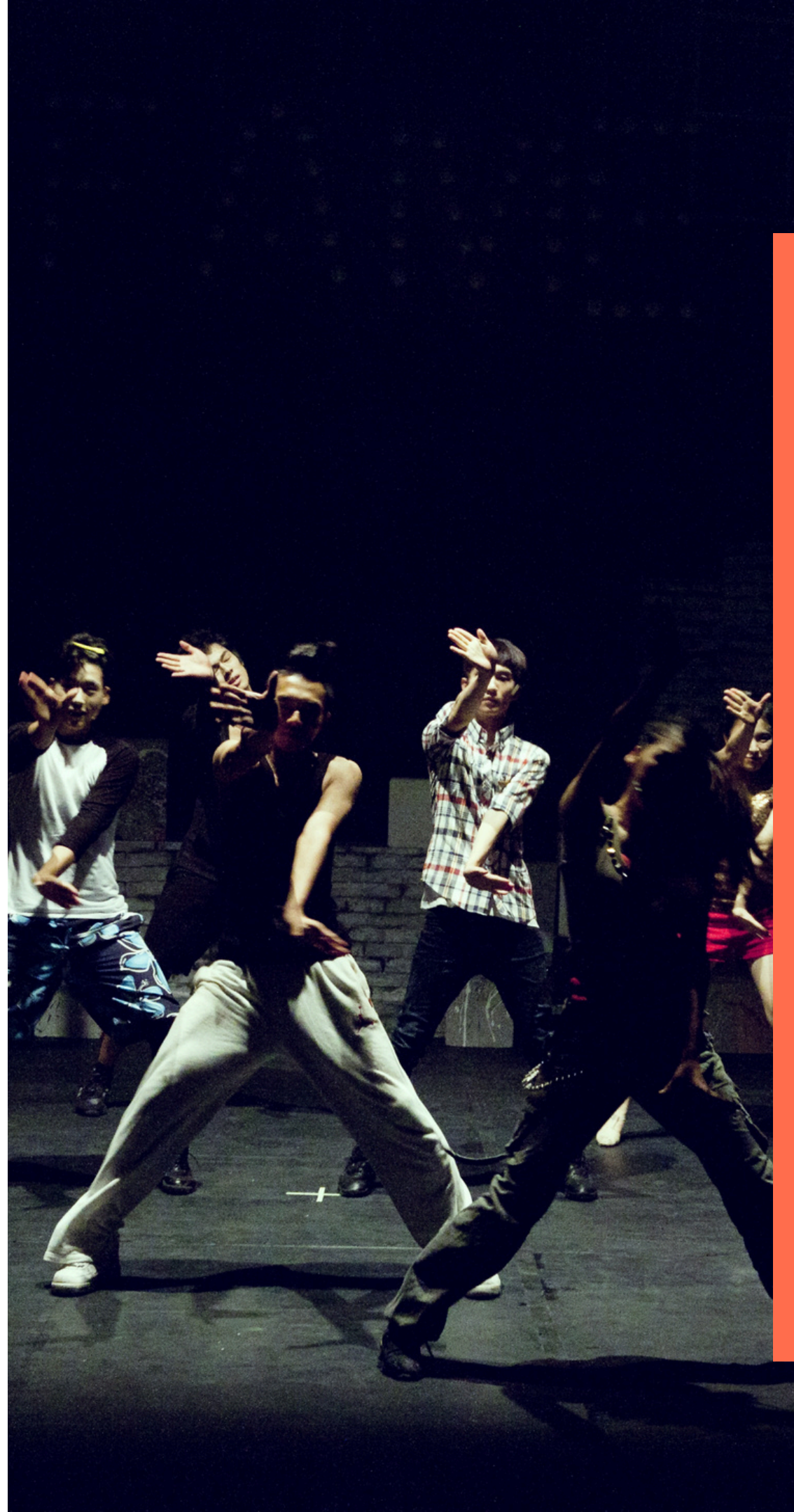
Passion

Found my passion
for sharing
knowledge and got
into teaching
throughout my time
at Uni and beyond
whilst alongside
performing



Support

Moved to the North East
and discovered the
need for knowledge and
support for Community
Teachers



common misconceptions



Street Dance Is the same as commercial



Street Dance Is 1 style



There is no technique to Street Dance it's just fun



You have to be young and 'cool' to teach Street Dance



Street Dance is not as important as the other styles because you need to be a technical trained dancer for a career in performing

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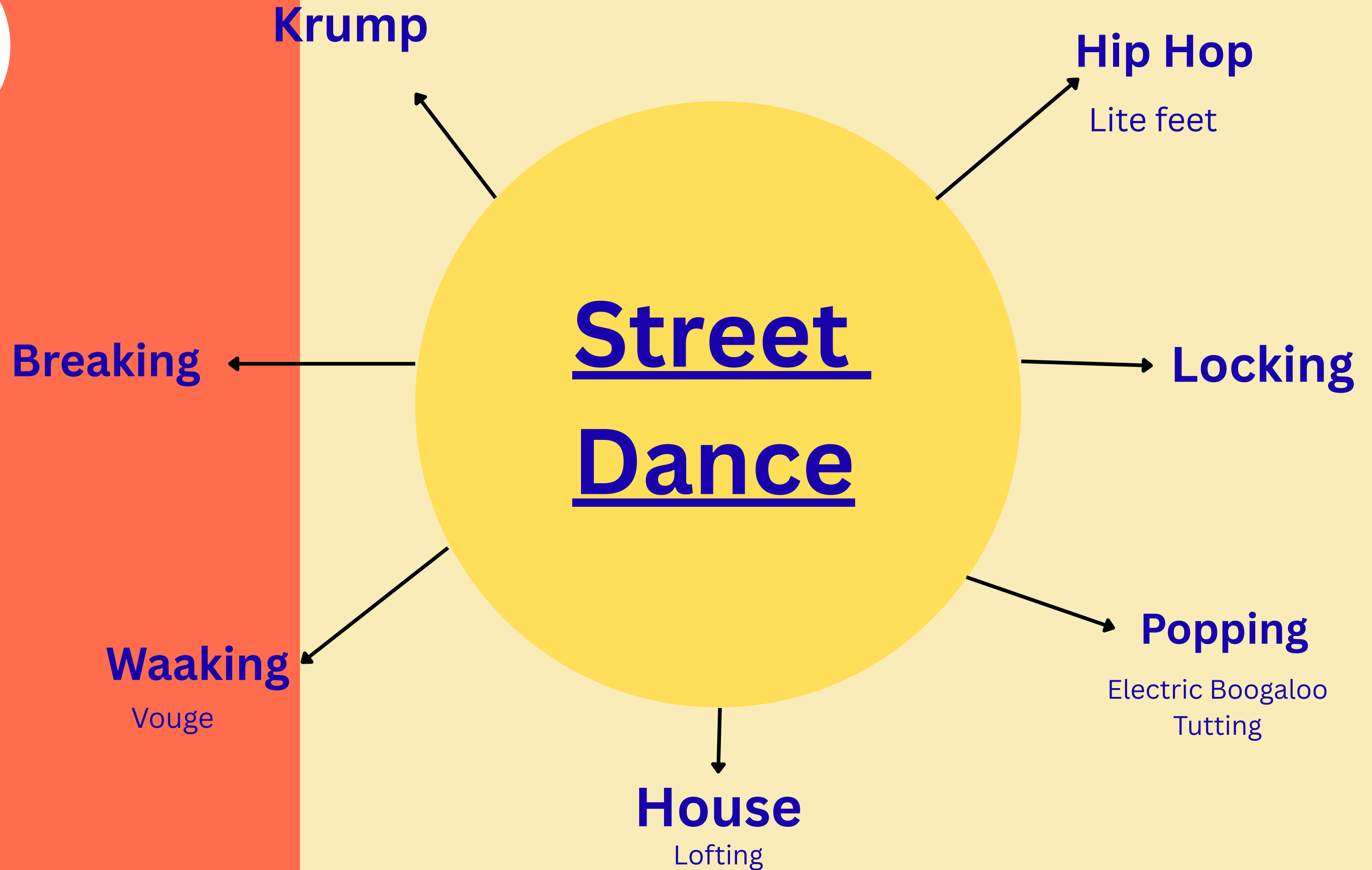
About You!

**What you
Teach?**

**Who Do You
Teach?**

**What Do You
Do For
Yourself?**

**Your
Knowledge**



Hip Hop

Elements of Hip Hop:

DJing - the music and beats

Mcing - Vocals, rap, words

Breaking - Dancing

Graffiti - Art

Knowledge

1973 in The Bronx
11th August (Hip Hop day)

Music came first

DJ Kool Herc repeated the musical breaks
in the tracks

Found at 'block and house parties'

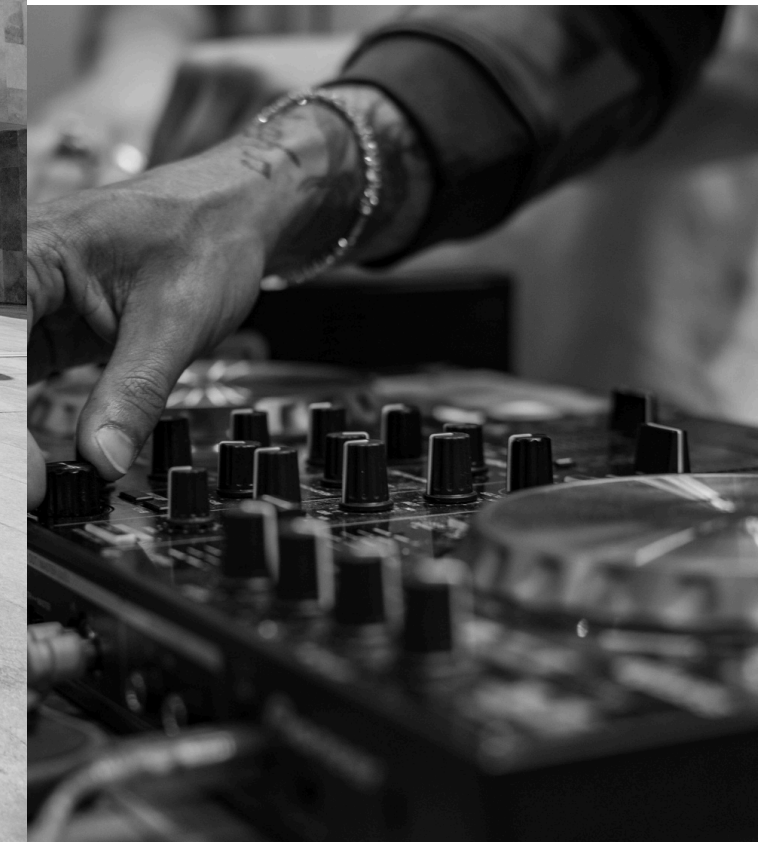
Used to express, tell stories and celebrate
communities

Rappers Delight by Sugarhill gang first Hip Hop
song on the radio

'father of hip hop' - Buddha Stretch

3 factors of Hip Hop

- The Rock
- The Groove
- The Bounce



Main Foundations

Pace

Lock

Double Lock

Muscle Back

Back Clap

Give yourself 5

Wrist Roll

Character Head

Points

Groove:

- Back Rock
- Rocksteady

Locking

Locking Is Stopping

Late 1960s (1968-69) In LA, California

Don 'Campbell-lock' Campbell
Locking used to be known as
'Campbellocking'

Created 'The Lockers' Along with Toni Basil

Commercialised the style when showcased
on SoulTrain

Danced to Funk Music

Names and people:

Greg Pope (CampbellLock Junior)

Jimmy Foster (Scoobydoo)

Fred Berry (Mr Penguin)

Tony GoGo

Adolfo Quinones (ShabbyDoo)

Bill Williams (Slim)

Fluky Luke



Popping

Main Foundations

**Jerky, contracted
movements**

Tutting

Ticking

Waving

Early 1970s In Fresno, California

Boogaloo Sam (Sam Soloman) and Popping Pete

**Founded Electric Boogaloos in 1977 inspired by
the Lockers**

Inspired new styles such as Tutting

Developed from funk and soul music

Names and people:

Boogaloo Sam

Suga Pop

Mr Wiggles

Skeeter Rabbit

Poppin Pete (Timothy Soloman)



Main Foundations

The Jack
Jack in the box
Shuffle
Heel Toe
Footwork
Farmer
Skate
Loose Leg
Pas De Bourree

Lofting (created in New
York)
= Floorwork and
acrobatic
movements

House

Early 1980's In Chicago

After Funk and disco had been commercialised

Heavily influenced by Jazz, Tap and Latin

Underground Parties too packed to do the current
dance trends so created smaller, more intricate
moves and footwork

House Dance Music



**Former
known as
'Punking'
= Singing
with
the body**

Waaking

**Originated from the LGBT+ community in LA
in the 1970s's Disco era used as an
outlet for freedom**

Individual interpretation, character, persona

Influenced by 1940s glamour, jazz and silent film

**Vouge was happening to house music on the
East Coast**

**Died off because of social problems and made
a comeback in the 2000's by Brian 'footwork'
Green who brought it to New York City**



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Planning Classes

Warm Up

Getting the Body ready
for the movement they
are going to be doing
in the session
Introduce groove
Warming up the mind

Technique

Picking 3-4 techniques to
focus on for that session.
Try picking techniques that
will be used in
choreography later
Using tasks to make this
interesting

Traveling exercises, games and tasks

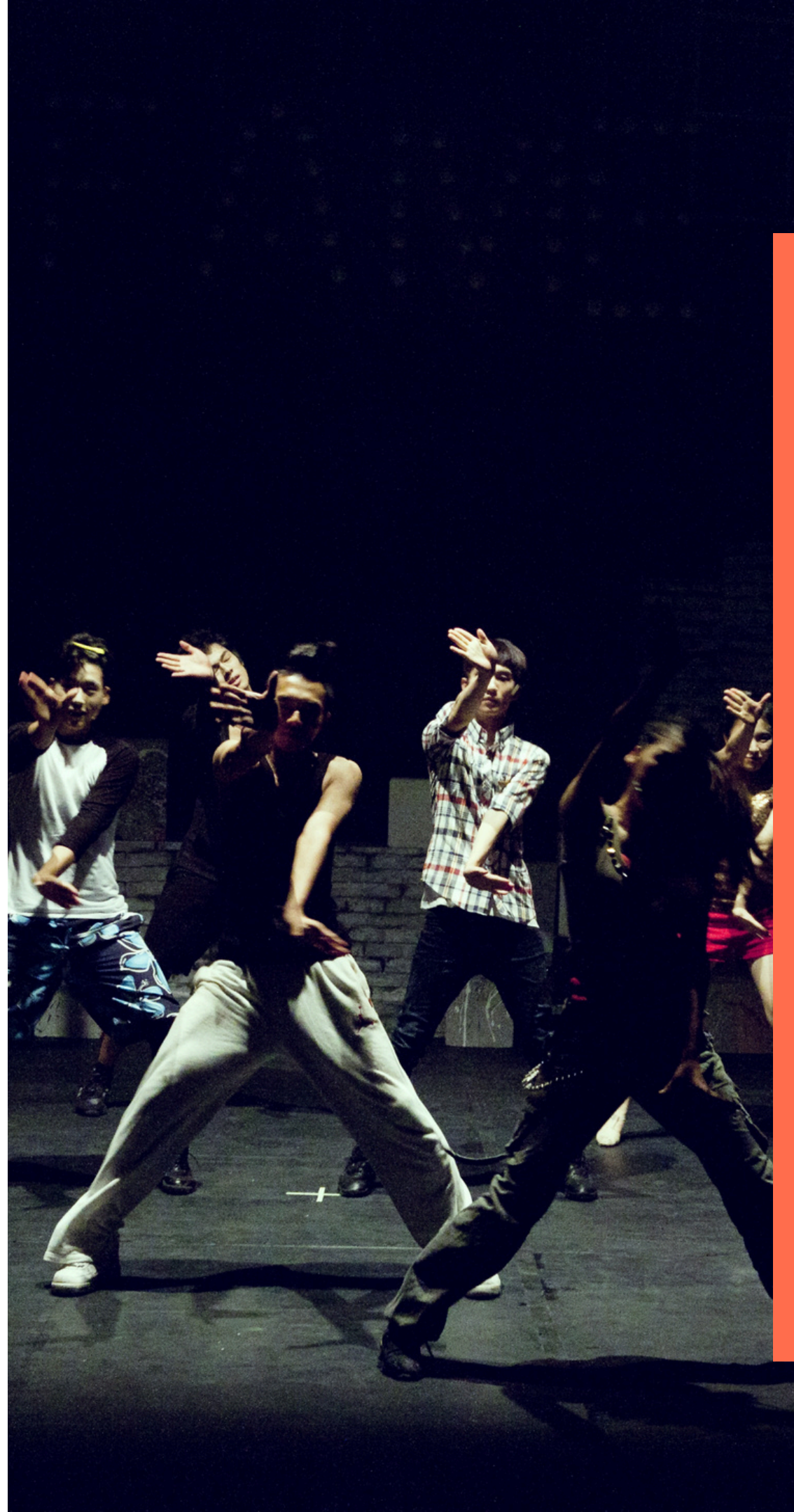
Putting the techniques
into exercises can get the
students used to putting
them together
Breaks up the sessions
Allows you to see students
individually

Choreography

Combination to combine
the techniques learnt in
the session
using music relevant to the
style

Freestyle

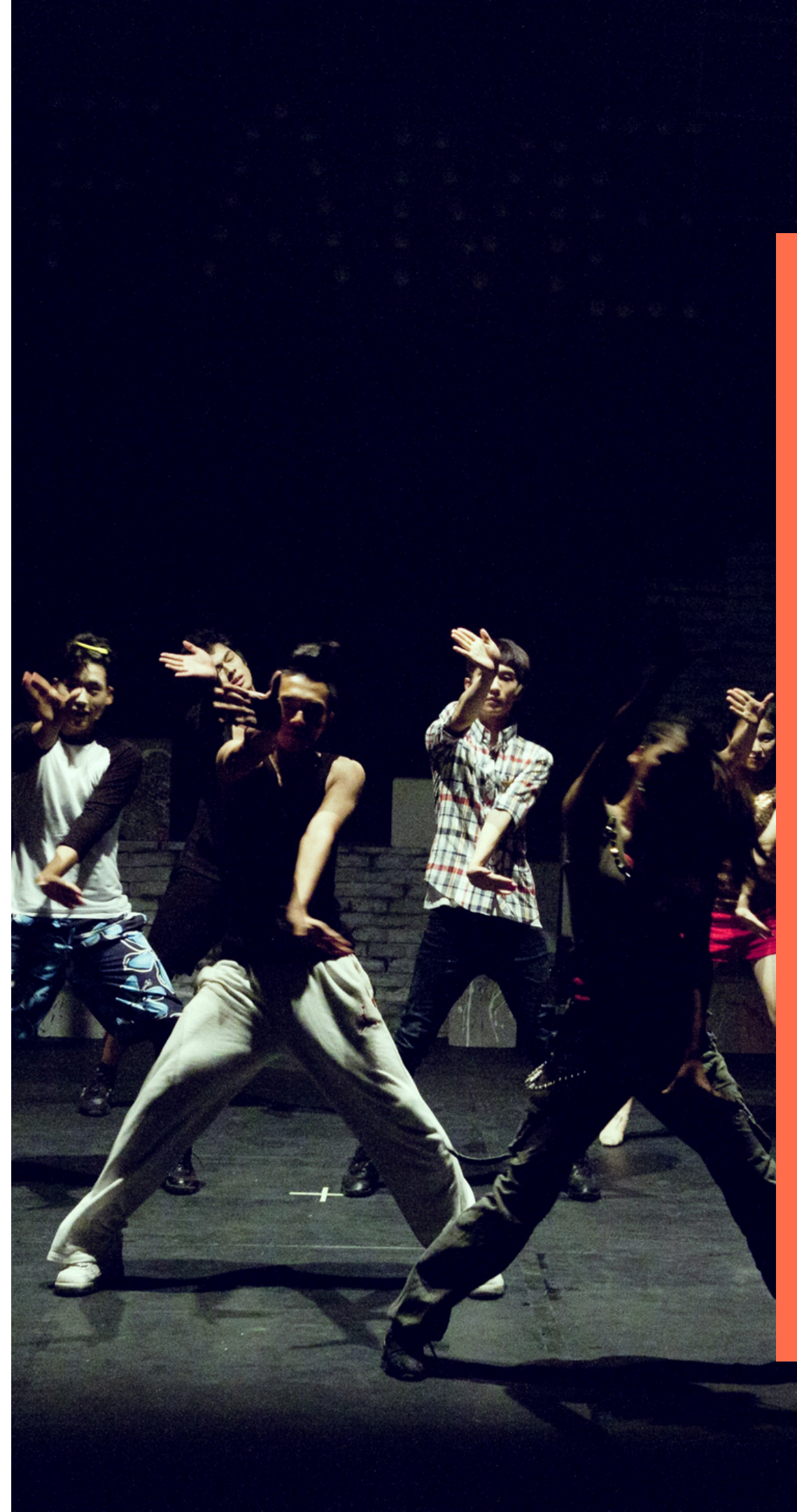
Bring the culture to the
studio
expanding your students
use of movement
understanding the music



Hip Hop Moves

Hip Hop Moves covered:

- Down Groove and Up Groove
- Back, Forward, Side bounces
- “dance mat” drill steps (forward, side, back)
- Steve Martin
- Mike Tyson
- Vanilla Ice



Locking Moves

Locking Moves covered:

- Groove: Back Groove and Rocksteady
- Muscle Man
- Lock
- Double Lock
- Pace
- Back Clap
- Points
- Give Yourself 5
- Character Head
- Wrist Rolls
- Hustle Step
- Funky 4 corners



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Any Questions?

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15th August