Hip Hop Pre-Test

1. Name 10 muscles in the body.

2. Name the two main elements of a warm-up.

3. Name 3 facts about the history of hip hop dance.

4. Name 3 songs in the evolution of dance.

5. Define both terms: Axial and Locomotor.

6. Name elements of yoga.

7. Name elements of tumbling.

8. Name 4 breakdance moves.

9. Name elements of space.

10. Name 4 parkour moves.

11. What is conditioning?

12. What is good performance etiquette?

13. How do you create a dance with a small group vs. with a large group?

14. What is a dance prop? Give an example.

15. How is Michael Jackson related to dance?

16. Name anything else you know about hip hop dance.

17. What dance, tumbling, or other moves do you already know how to do?

18. Is there anything specific in dance you want to learn this semester?