Hip Hop Stick Dance

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Music: "Pushing the Envelope" Shox & Holler

Steps	Dancers	Clappers
Count	Starting Position (facing each other	Starting Position (facing each other)
	standing on the stage left side of the	
	outside poles)	
Intro	Flip & Roll	Drumming
	Hold sticks out in front (1)	Hitting sticks on ground
	Flip sticks one time (2)	1&2&3&4&5&6&7&8&
	Roll sticks once and place under	
	armpits (3&4)	
	Hit sticks (5,6,7,8)	
	Flip & Roll	Drumming
Intro	Hold sticks out in front (1)	Hitting sticks on ground
	Flip sticks one time (2)	1&2&3&4&5&6&7&8&
	Roll sticks once and place under	
	armpits (3&4)	
	Hit sticks (5,6,7,8)	
1	Lets Fight	Basic Clap
	Start with Right hand: high block low	Out- Out Slide Together (1-4)
1-8	block 1,2,3,4 Change to left hand: high	Out- Out Slide Together (5-8)
	block low block 5,6,7,8	
2	Lets Fight	Basic Clap
	Start with Right hand: high block low	Out- Out Slide Together (1-4)
1-8	block 1,2,3,4 Change to left hand: high	Out- Out Slide Together (5-8)
	block low block 5,6,7,8	
3	Lets Fight	Basic Clap
	Start with Right hand: high block low	Out- Out Slide Together (1-4)
1-8	block 1,2,3,4 Change to left hand: high	Out- Out Slide Together (5-8)
	block low block 5,6,7,8	
4	Lets Fight	Basic Clap
4.0	Start with Right hand: high block low	Out- Out Slide Together (1-4)
1-8	block 1,2,3,4 Change to left hand: high	Out- Out Slide Together (5-8)
	block low block 5,6,7,8	
5	Step in the Trap	Basic Clap
1.0	Step in- in- out -hold while hitting	Out- Out Slide Together (1-4)
1-8	sticks	Out- Out Slide Together (5-8)
	Reverse	D 1 00
6	Step in the Trap	Basic Clap
	Step in- in- out -hold while hitting	Out- Out Slide Together (1-4)

1-8	sticks Reverse	Out- Out Slide Together (5-8)
7 1-8	Step in the Trap Step in- in- out -hold while hitting sticks	Basic Clap Out- Out Slide Together (1-4) Out- Out Slide Together (5-8)
8	Reverse Step in the Trap	Basic Clap
1-8	Step in- in- out -hold while hitting sticks Reverse	Out- Out Slide Together (1-4) Out- Out Slide Together (5-8)
9	Lets Fight	Drumming
1-8	Start with Right hand: high block low block 1,2,3,4 Change to left hand: high block low block 5,6,7,8	Hitting sticks on ground 1&2&3&4&5&6&7&8&
10	Lets Fight	Drumming
1-8	Start with Right hand: high block low block 1,2,3,4 Change to left hand: high block low block 5,6,7,8	Hitting sticks on ground 1&2&3&4&5&6&7&8&
11	Lets Fight	Basic Clap
1-8	Start with Right hand: high block low block 1,2,3,4 Change to left hand: high block low block 5,6,7,8	Out- Out Slide Together (1-4) Out- Out Slide Together (5-8)
12	Lets Fight	Basic Clap
1-8	Start with Right hand: high block low block 1,2,3,4 Change to left hand: high block low block 5,6,7,8	Out- Out Slide Together (1-4) Out- Out Slide Together (5-8)
13	Straddle the Trap	Basic Clap
1-8	Jump in -in Straddle- Straddle while hitting sticks Repeat	Out- Out Slide Together (1-4) Out- Out Slide Together (5-8)
14	Straddle the Trap	Basic Clap
1-8	Jump in -in Straddle-Straddle while hitting sticks Repeat	Out- Out Slide Together (1-4) Out- Out Slide Together (5-8)
15	Straddle the Trap	Basic Clap
1-8	Jump in -in Straddle-Straddle while hitting sticks Repeat	Out- Out Slide Together (1-4) Out- Out Slide Together (5-8)
16	Straddle the Trap Jump in -in Straddle-Straddle while	Basic Clap Out- Out Slide Together (1-4)
1-8	hitting sticks Repeat	Out- Out Slide Together (5-8)
17	Hips Don't Lie	Basic Clap
1-8	Right: forward back (hit sticks behind back) cha cha cha (hit sticks in front)1,2,3&4	Out- Out Slide Together (1-4) Out- Out Slide Together (5-8)

	Reverse to left 5,6,7&8	
18	Hips Don't Lie	Basic Clap
	Right: forward back (hit sticks behind	Out- Out Slide Together (1-4)
1-8	back) cha cha cha (hit sticks in	Out- Out Slide Together (5-8)
	front)1,2,3&4	
	Reverse to left 5,6,7&8	
19	Pivot Turn	Basic Clap
	Right: pivot turn 1,2(hit sticks behind	Out- Out Slide Together (1-4)
1-8	back) Step right ballchange (hits sticks	Out- Out Slide Together (5-8)
	in front) 3&4	
	Left: pivot turn 5,6(hit sticks behind	
	back) Step left ballchange (hit sticks in	
	front) 7&8.	
	Pivot Turn	Basic Clap
20	Right: pivot turn 1,2(hit sticks behind	Out- Out Slide Together (1-4)
	back) Step right ballchange (hits sticks	Out- Out Slide Together (5-8)
1-8	in front) 3&4	
	Left: pivot turn 5,6 (hit sticks behind	
	back) Step left ballchange (hit sticks in	
	front) 7&8.	
21	Change Positions	Change Positions
	Dancers with sticks will move toward	Clappers with sticks will move toward their
1-8	their clappers and hit sticks	dancers and hit sticks
22	Position Changed	Position Changed
	While hitting sticks get into position to	While hitting sticks get into position to drum
1-8	flip and roll.	