

Hip Hop Stick Dance

by Lisa O'Dear Lewis, Ed.D.

lewisl@apsu.edu

Music: "Pushing the Envelope" Shox & Holler

Steps Count	Dancers <i>Starting Position (facing each other standing on the stage left side of the outside poles)</i>	Clappers <i>Starting Position (facing each other)</i>
Intro	Flip & Roll Hold sticks out in front (1) Flip sticks one time (2) Roll sticks once and place under armpits (3&4) Hit sticks (5,6,7,8)	Drumming Hitting sticks on ground 1&2&3&4&5&6&7&8&
Intro	Flip & Roll Hold sticks out in front (1) Flip sticks one time (2) Roll sticks once and place under armpits (3&4) Hit sticks (5,6,7,8)	Drumming Hitting sticks on ground 1&2&3&4&5&6&7&8&
1 1-8	Lets Fight Start with Right hand: high block low block 1,2,3,4 Change to left hand: high block low block 5,6,7,8	Basic Clap Out- Out Slide Together (1-4) Out- Out Slide Together (5-8)
2 1-8	Lets Fight Start with Right hand: high block low block 1,2,3,4 Change to left hand: high block low block 5,6,7,8	Basic Clap Out- Out Slide Together (1-4) Out- Out Slide Together (5-8)
3 1-8	Lets Fight Start with Right hand: high block low block 1,2,3,4 Change to left hand: high block low block 5,6,7,8	Basic Clap Out- Out Slide Together (1-4) Out- Out Slide Together (5-8)
4 1-8	Lets Fight Start with Right hand: high block low block 1,2,3,4 Change to left hand: high block low block 5,6,7,8	Basic Clap Out- Out Slide Together (1-4) Out- Out Slide Together (5-8)
5 1-8	Step in the Trap Step in- in- out -hold while hitting sticks Reverse	Basic Clap Out- Out Slide Together (1-4) Out- Out Slide Together (5-8)
6	Step in the Trap Step in- in- out -hold while hitting	Basic Clap 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 Reverse	Basic Clap Out- Out Slide Together (1-4) Out- Out Slide Together (5-8)
8 1-8	Step in the Trap Step in- in- out -hold while hitting sticks Reverse	Basic Clap Out- Out Slide Together (1-4) Out- Out Slide Together (5-8)
9 1-8	Lets Fight Start with Right hand: high block low block 1,2,3,4 Change to left hand: high block low block 5,6,7,8	Drumming Hitting sticks on ground 1&2&3&4&5&6&7&8&
10 1-8	Lets Fight Start with Right hand: high block low block 1,2,3,4 Change to left hand: high block low block 5,6,7,8	Drumming Hitting sticks on ground 1&2&3&4&5&6&7&8&
11 1-8	Lets Fight Start with Right hand: high block low block 1,2,3,4 Change to left hand: high block low block 5,6,7,8	Basic Clap Out- Out Slide Together (1-4) Out- Out Slide Together (5-8)
12 1-8	Lets Fight Start with Right hand: high block low block 1,2,3,4 Change to left hand: high block low block 5,6,7,8	Basic Clap Out- Out Slide Together (1-4) Out- Out Slide Together (5-8)
13 1-8	Straddle the Trap Jump in -in Straddle- Straddle while hitting sticks Repeat	Basic Clap Out- Out Slide Together (1-4) Out- Out Slide Together (5-8)
14 1-8	Straddle the Trap Jump in -in Straddle-Straddle while hitting sticks Repeat	Basic Clap Out- Out Slide Together (1-4) Out- Out Slide Together (5-8)
15 1-8	Straddle the Trap Jump in -in Straddle-Straddle while hitting sticks Repeat	Basic Clap Out- Out Slide Together (1-4) Out- Out Slide Together (5-8)
16 1-8	Straddle the Trap Jump in -in Straddle-Straddle while hitting sticks Repeat	Basic Clap Out- Out Slide Together (1-4) Out- Out Slide Together (5-8)
17 1-8	Hips Don't Lie Right: forward back (hit sticks behind back) cha cha cha (hit sticks in front)1,2,3&4	Basic Clap Out- Out Slide Together (1-4) Out- Out Slide Together (5-8)

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