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Department of Physical Education and Human Performance
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AAHPERD Conference
Wednesday, March 14, 2012
Boston, MA

"From Squaring to the Rap to Hip Hop Hoedown"

This session is an introduction to a student –centered approach to teach traditional dance utilizing rap and hip hop music. A creation of one "Hip Hop Hoedown" will be taught. With the use of today's music, students find the dance more relevant to their own lives. It allows students to be creative and to work productively in a group. Hip Hop Hoedown, using hip hop music with traditional folk dance and hip hop movements is a sequel to "Squaring to the Rap," using rap music with traditional square dance.

Presenters:

Manhattan College students and faculty:

Danielle Franciosa
Mike Hillman
Zahra Jackson
Phil Merget
Mark Nersesian
Carlos Peña
Caitlin Sweetapple

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Arts
Pre-Med and Health Sciences

Business
Pre-Law

Education
Graduate: Education

Engineering
Engineering

Hip Hop Hoedown

(Intro)

Yo lets go

Let's go now

And get ready...

To do the hoe down (x2)

(Verse 1)

4 in a circle going around

123 in and out

4 no worries...I got you

teach me to dougie with numba two

3 and 1 bump on through getting in the groove you know how we do

now get the runnin' man back on track

yeah the phys ed hoe down is back

(Chorus)

Two step in

Two step out

Bring it around town, bring it around (x4)

STOP....OH.....WIGGLE WIT IT....YEAH (x3)

Now brush your shoulders off

(Verse 2)

1 and 2 walk it out

3 and 4 shake about

everybody supermanin'

now thunder clap to the beat back out

1 and 4 "C" walk in

2 and 3 do some robot to meet

now everyone lean back to me.

(Chorus)

Two step in

Two step out

Bring it around town, bring it around (x4)

STOP... OH... WIGGLE WIT IT... YEAH (x3)

Now brush your shoulders off

