



Manhattan College Parkway  
Riverdale, New York City, New York 10471-4098  
(718) 862-7215 fax (718) 862-7492

*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

Dr. Deborah Adams, [deborah.adams@manhattan.edu](mailto:deborah.adams@manhattan.edu), 718.862.7494

Dr. Shawn Ladda, [shawn.ladda@manhattan.edu](mailto:shawn.ladda@manhattan.edu), 718.862.7811

Dr. Lisa Toscano, [lisa.toscano@manhattan.edu](mailto:lisa.toscano@manhattan.edu), 718.862.7216

Department of Physical Education & Human Performance

Manhattan College

Bronx, NY 10471

**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



(Verse 3)

Ending this beat isn't that easy, heel toe switch with 1 and 3

Willibounce through with 4 and 2

Glide to the partner next to you

Jerk back to your block homie

Fist pump like Pauly D

Chuck da deuces up, peace we out!

Link to Hip Hop Hoedown with lyrics and musical - <http://home.manhattan.edu/~shawn.ladda/>

STEPS:

*Heel toe*- Hop and land with heel near toe. Right heel to left toe rotate clockwise. Switch hop. Left heel to right toe rotate counter-clockwise

*Willy bounce*- Swing right arm and extend same leg outward. Bounce (bend knees). Swing to other side with opposite arm and leg. Bounce (bend knees).

*Jerk (skip first)*- Skip: hop, step forward. Jerk: hop, step backward

*MC Step*- Bend, heel (right). Bend, heel (left)

*Thunder Clap*- Left hand forward and up. Right hand back. Meet and clap in the middle. Switch and repeat (x2)

*Lean Back*- Step back with right foot. Lean your right shoulder back. Bring left shoulder forward (twist body toward right). Bring feet together. Repeat (x2)

*Glide*- Turn knee towards other knee and bring back to start position. Lean on first knee, then slide other foot sideways.

*Two Step*- Step with right foot, bring left behind. Step with left foot, bring right behind. It's like a mini gallop

*Bring it Around*- Cabbage Patch - Extend arms and Rotate

*Dougie*- Step with left foot then bring right arm out. Step with right foot then bring left arm out.

*Walk it out*- Bent knees, knees out, on toes, twist side to side.

*Harlem Shake*- Lean forward: shake (twist) right, shake (twist) left. Lean backward: shake (twist) right, shake (twist) left.