

Sant Gadge Baba Amravati University

Department of Lifelong Learning & Extension

Short Term Certificate Course

(3 Month)

Syllabus

For

Certificate Course in Shastriyass Nrutya Hip Hop Dance

Unit 1 :- Hip Hop

Hour's

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|---|----|
| ▪ Theory | 05 |
| ▪ Fitness Warm-up | 05 |
| ▪ C-Walks (Footwork) | 15 |
| ▪ Old School (Hip Hop Original Basic Dance Moves) | 10 |
| ▪ Breaking | 25 |
| A. Top Rock (uprock 20 Steps) | |
| B. Foot Work (down rock) | |
| C. Freezes (10 Types of Freezes) | |
| D. Power Moves | |
| E. Acrobatics | |