

Project Soul Study Guide

Project Soul is a crew consisting of 14 people that have come together to spread their love of street dance to others. Everyone in the group has studied with the original creators of these dance forms and devoted themselves to learning history and spreading their love for these dances to different communities. Many have made this their means of making a living and have had such successes as winning different local and international battles, performing in different live shows such as "the Groovalos" and appearing in different TV shows, films and commercials like Hellcats, Kicking It Old School, Centre Stage 2, Another Cinderella Story, Rags and more. The group also shares their love through teaching dance to others.



The show tells a story about different characters in a school and highlights the 4 different genres of street dance. The story focuses on the various social pressures that surround us including bullying in school, feelings of isolation, defining yourself through your art, how to be true to yourself as an individual, how to face and conquer your fears and how to find and build a community. There will be live narration throughout the

performance. The performance will touch on various street styles including hip hop dance, popping, waacking, bboying/bgirling and locking through freestyle and choreographed dance.

A background to ***bboying, hip hop dance, popping, waacking*** and ***locking***

Hip hop is a culture comprised of 4 elements: graffiti, MCing, DJing and B-boying. The culture started in the early 70s in the Bronx, NY.

B-boying/B-girling

"Breakdancing" is the popularized term by the media, but b-boying is the original term used among those practicing this element and others in hip hop culture. A b-boy was named this because they were the "breaks boy", someone who would wait to dance when the break of a song would come on. In the early 70s, the break was the part a song where the rest of the instruments would drop out leaving a drum solo. The b-boys would wait for



this part of the song and then "get down" to the break. They were driven by competition to see whose "moves" could out do the others.

The elements of B-boying:

1. Top Rock - the dance one does standing before going to the ground
2. Footwork - the different movements done on the ground
3. Freezes - the different stops that accent the dance
4. Power Moves - the variety of more athletic and gymnastic-like movements of the body requiring momentum and detailed technique to master

Each b-boy or b-girl (if you are a female) has to create a sequence of movements using these elements in an original sequence to a part of a song provided by the DJ. The b-boy/b-girl cannot choose the song he/she is to dance to and so a lot of the dance has to be improvised on the spot.

The competitiveness of B-boying can be seen in the battles in which they participate. A battle is where an individual or a crew is faced against another individual or crew to test whose skill can out do another's. Battles are usually judged by other b-boys that are well respected in the community and have been practicing for a long time.

The cipher is another phenomenon that can be seen at many b-boy events or jams. The cipher simply is a circle of dancers or spectators that creates another environment where each individual in turn can show off their skills in the middle of the circle.

Hip hop dance



Hip hop music was created out of the need for the DJs to link the break of a song making a song of just breaks alone. The combination of the all break beat song with the MC (rapper) created hip hop music.

The house and block parties are where "hip hop dance" started. Hip hop dance is popular party dances, or dances created in a social atmosphere. Popular dances were started in house parties and came

about because certain songs told people how to do these specific dance steps. One person would start a dance step and it would spread like wildfire to others dancing, then another person would change the step. Original hip hop dance is a shared free-styled dance, "a social dance" where anyone can easily catch on to the steps.

Popping

Popping (and Boogaloo) was created by Boogaloo Sam, in Fresno, California in the 1970's after being inspired by the Lockers. He put a set of movements together that now are the foundation for these two dances. Boogaloo is a dance style that uses different angles, rolls and fluid movements while Popping involves flexing and relaxing your muscles to accent the beat of the music. Although they are separate dance styles, they compliment each other very well. When done together, the combination of the two is known as Electric Boogaloo style.



Waacking



Waacking is a style of dance that was not a product of studio sprung floors and mirrors but of a more organic origin, namely the underground disco scene of the 1970s. It was underground because many of its perpetrators came from the fringes of society, at a time when this was deemed socially unacceptable. Thus the dancers of this time period unable to fully be themselves within the 'mainstream' it was in the clubs of both the West and East coasts of America (both of which developed their own flavours) where disco and funk music were all the rage, that these ostracized Original Generations (OGs) found a way to express themselves. The result was the birth of waacking: a freestyle form of dance performed primarily to disco or funk music that took INSPIRATION FROM but was NOT SYNONYMOUS WITH other styles such as [Locking](#) and [Vogueing](#) as well as the world of high fashion. The main source of inspiration, however, was the music itself. The multilayered nature of songs by the likes of Donna Summer, Whitney Houston, Diana Ross and the Jacksons drove Waackers on a quest to use their bodies as musical instruments with different movements highlighting different parts of the music (a philosophy emphasised by the tag line 'show me the music' used by the contemporary Waacktitioners crew). Thus contrary to popular belief waacking was not just about arm movements - although it is from these that it takes its name. It is true that a basic 'waack' is a movement of the arm but waacking developed to consist of arm movements, footwork (which can take inspiration from jazz, house, tap etc.) and elements of drama all of which are largely unique to the individual dancer. So the feet can highlight the base whilst the arms highlight the trumpets, for example.

Locking



While hip hop culture was created in the east coast, the west coast is where the Funk-styles culture was born. Funk-styles include popping and locking and despite the term "pop n' lock" used by some people, popping and locking are two very distinct dance styles.

Locking is a style of dance that started in 1969 by a man named Don Campbell. He created a step called "the Campbellock" by accident. Don could not do any of the social dances, such as the "Funky chicken", which was a popular dance at this time. From Don trying to do the Funky chicken dance but stopping in a jerking motion he created the "Campbellock" which later became "the Lock". Surprisingly, Don being the not-so good dancer he was,

somehow found himself on the popular dance show "Soul Train". He eventually became the number one dancer on the show and spread his dance to the rest of the world. With Greg Campbellock Jr. Pope, Flukey Luke, Fred "the Penguin" Barry, Slim the Robot, Shabadoo, and Tony Basil he formed a group called the "Campbellockers", the group's name was shortened to "the Lockers" later on. The dance that was known as "Campbellocking" became the dance known today as "Locking".

Locking is a style that combines character, funk, and sharp/stopping movements such as the Lock, Uncle Sam points, and wrist twirls with the social dances popularized at the time.

All these street styles have influenced what we know as choreography, which is putting steps into deliberate sequences to create a structured dance to particular music. Choreography has been popularized by music videos. The need to create popular music videos has evolved these street dances into video-oriented dances. Many popular TV shows today are strictly devoted to spreading street dance to the masses, especially shows like Americas Best Dance Crews and So You Think You Can Dance. Street dance has spread worldwide and can be seen practiced in many different countries and the pioneers of these dances are constantly being flown out to different areas to perform, teach and judge competitions.

Project Soul simply wants to share their love of the dances they do with others. They want to show that although it takes focus, hard work, physical strength and time to develop your skill, the street-styled dances are extremely fun and bring a community of like-minded individuals together forming long-lasting friendships. They do it simply because they love it!

Expectations:

The audience can expect to see a street dance performance by 5 individuals from that specialize in different genres of street dance. The show is non-stop 45 minutes and is relatively loud, humorous and energetic.

Notes to an audience:

Since street dance feeds a lot from an audience, we encourage them to clap and cheer throughout the performance if they see something that they like. We will be asking for some audience participation to help assist us with the performance.

Notes to the announcer:

Our group has our own way of preparing the audience for what they going to see, so we just request a simple introduction for our group such as "This is Project Soul a street dance crew based out of Vancouver, BC!"

Technical Requirements

15-20 minute set-up time depending on the sound system provided and a 20-30 minute warm-up for the artists

If the performance is taking place in a gymnasium, then the performance area is requested to be closest to exits in order use them for entrances and exits throughout the showcase

A non-carpeted, clean floor for the performance space that is dust and dirt free is requested

4 chairs

A loud sound system with preferably an Ipod connection is required or a CD player

A wireless microphone is preferred, but a wired microphone will suffice and a mic stand or something to put the microphone down on during our performance.