



## **HAVOC Skills Requirements**

### ***Hip Hop Crew Tryouts***

**Hear. Ambition. Voice. Originality. Culture.**

*The below is a list of suggested hip hop skills, organized by age. These skills cover foundational grooves, footwork, isolations, and a few fun challenges to give the dancers a well-rounded experience. This information is to be used as a guide.*

*In hip hop, technical skills are just one piece of the puzzle. When evaluating dancers, performance quality, musicality, confidence, and a dancer's ability to embody the music and stay grounded in the style are also taken into consideration.*

#### **Petite (Ages 5–7)**

- Bounce and rock (finding the down beat)
- Criss cross jumps
- Step-touch with groove
- Simple isolations (head, shoulders, hips)
- Basic rhythm exercises

#### **Mini (Ages 7–9)**

- Kick, step, ball change (with groove)
- Top rock (front steps)
- Steve Martin
- Jacks (housing basic)
- Heel toe
- Isolations (head, chest, hips)
- Bounce and rock with clear musical timing

#### **Junior (Ages 9–12)**

- James Brown footwork variation
- 6-step (intro to floor work)
- Kick, step, ball change combo
- Top rock variations
- Criss cross jumps with arm layers
- Basic musicality drills (responding to beats/accents)
- Head and chest isolations

#### **Teen/Senior (Ages 12 & Up)**

- 6-step with clean transitions
- James Brown variation with speed and control
- Heel toe with direction changes
- Kip up (optional bonus)
- Head spring (optional bonus)
- Musicality-focused freestyle section
- Layered isolations and control
- Groove-driven combo incorporating bounce, rock, and top rock variations