



# Hip Hop Dance Classes For Kids

If your kids are anything like mine, they enjoy dancing and listening to music, particularly hip-hop. They are eager to try all the various stunts and moves they see on television. I started looking for hip-hop dancing courses for kids since my son wanted to learn how to do it properly.

## How does hip-hop dance work?

You may be wondering what hip-hop dance classes for kids is all about or where they originated, like many others. In the 1970s, the Bronx in New York City was the birthplace of the street dancing style known as hip hop. Since then, it has developed into a variety of forms, including breaking, popping, locking, crumpling, and whacking, to name a few. Hip-hop, well, this seems pretty obvious. It's always a hit to dance to music with some rhythm and a distinctive bass. Rapper's Delight by Sugarhill Gang was one of the first hip-hop tracks to be used for hip-hop dance. Since then, hip-hop has expanded and transformed into a dancing form for all musical genres, including songs that were formerly thought of as lyrical.

## For kids, what is hip hop?

The idea is that young people are given the skills necessary to pursue careers as professional dancers if they so want. The emphasis is on children having fun and using their imaginations as they learn the fundamental movements found in the many [hip-hop dance classes for kids](#)' styles. Exercises that explore the many improv and hip-hop styles will be part of a well-planned program.



## **What advantages does hip-hop dance provide for your health?**

Hip-hop is a combination of aerobic and anaerobic exercise. The result is a rise in heart rate, which raises your child's levels of cardiovascular fitness. A rise in posture, flexibility, coordination, and balance enables and promotes healthy development. Hip-hop also helps your child's bone and joint health by strengthening their arm, leg, and core muscles. Hip-hop dance has a positive psychological impact by boosting self-esteem and self-confidence.

## **Is hip-hop dance difficult?**

The good news is that most kids can easily learn the fundamental moves of hip-hop. hip hop dance classes for kids courses are wonderful for everyone since they offer a wide variety of steps that range in ability. The steps range from simple ones for beginners to

more complex ones that we frequently see professionals accomplish. Learning and perfecting a routine is hip hop's more difficult component. Your child ought to be able to learn this as well with lots of practice and instruction from a hip-hop teacher. The cost of a hip-hop dance lesson for children is primarily influenced by; the duration of the course. Depending on your child's age, a class lasts anywhere from 30 minutes to an hour. To learn more, please visit our website.