

FUNK STYLES

WORKSHOPS THAT EXPLORE LOCKING & POPPING FOR ALL SKILL LEVELS

WHAT ARE FUNK STYLES?

Funk styles are a crucial aspect of Hip Hop culture, and they encompass a variety of dance styles that originated in the 1970s. These styles are characterized by their rhythmic movements and expressive, often improvisational, techniques. From the range of styles to choose from, these workshops focus on two:



LOCKING



POPPING

LOCKING WORKSHOPS

Locking is a funk style dance that was created by Don Campbell in the late 1960s. It is characterized by quick arm and hand movements, funk based grooves, and steps such as points, wrist rolls, lock, scoo bot, stop n go, and many more. Locking has a playful and interactive vibe, with dancers frequently engaging with the audience or other dancers. The performance is upbeat and rhythmically precise, making it a vibrant and entertaining style of dance.

The Benefits of Locking

- **Historical Significance:** Locking goes back to before there was an established Hip Hop culture and learning this style aids in a more complete understanding of the wider world of street dance culture.
- **Masterful Grooves:** The motions necessary for understanding and perfecting Locking create a powerful tool for Hip Hop dancers as they develop a complex and organic understanding of rhythm that few other styles can match.
- **Influence on Popping:** Contrary to a common belief, Locking does not look like Popping. However, it does pre-date Popping. Whether teachers realize it or not, so much of their movement relies on Popping. To get a full understanding of Popping, dancers need to study Locking to learn how it formed an influence on the development of Popping. The groove often missing in modern dancers who utilize Popping can be found and fixed right here before moving on to the style of Popping.

LESSONS IN THIS WORKSHOP

- Locking Terminology, Technique
- Exploration of Funk Music
- Locking Performance Structure
- Freestyle and/or Choreography Development
- Props, Handshakes, Character, Costumes, & more.

POPPING WORKSHOPS

Popping is a dance style that involves quickly contracting and relaxing muscles to create a jerking movement known as a "pop" or "hit." This style originated in California in the 1970s and is a massively influential technique and style of dance in today's dance culture.

The Benefits of Popping

- **Invaluable Technique:** This style in particular teaches dancers how to masterfully isolate muscles and create contractions that not only develop a strong performance within this style, but also aids in techniques for other styles. Dancers borrow elements of Popping all the time for other genres and might not even realize it. To train in Popping elevates those techniques in a way few other styles can.
- **Historical Significance:** Like Locking, Popping has been around for decades and has been a major player in street dance culture.

Popping-Adjacent Movement

Another element explored in this workshop is the influence that Popping directly has on many other separate dance styles. I refer to these as Popping-adjacent, as you can draw clear parallels between styles, yet it is so important to acknowledge these movements as separate movement styles as well. In these workshops, ask me about including:

Waving, Ticking, Botting(The Robot), Puppeting, Tutting, and more!

LESSONS IN THIS WORKSHOP

- Popping Terminology, Technique
- Exploration of Popping Beats
- Popping Performance Structure
- Movement & Styles Inspired By Popping

Options

- **Funk Styles**

A balanced workshop that teaches students about Locking & Popping, the differences between the styles, the similarities, and all the advantages to learning each genre.

- **One Style**

A workshop that strongly emphasizes only Locking or Popping to allow for a deep dive into the style and give students a rich experience .

- **Integration**

Request a feature for one fo these styles in the standard workshop we are hosting for your students. Choose the class(es) you want to expose to the style and we'll use smaller lessons to get them familiar with the style!

**All workshops are hosted by
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