

HHS

HIP HOP SPEED

Unleash the Excitement of Hip Hop Speed!

Discover the electrifying world of Hip Hop Speed (HHS), 4MDC's unique dance style that sets the pace at a thrilling 128 beats per minute, surpassing the traditional hip-hop tempo. This energetic rhythm is tailor-made for youngsters brimming with boundless energy and a thirst for movement.

Hip Hop Speed seamlessly blends the fundamental footwork and arm techniques of hip-hop dance, meticulously categorized into progressive levels. These carefully structured techniques form a cohesive foundation, paving the way for age-appropriate choreography.

Experience the Dynamic Fusion of Visuals and Freedom

Lower levels in Hip Hop Speed feature structured choreography, gradually evolving towards greater freedom of movement as dancers advance. At the highest level (V1), dancers relish complete improvisational liberty, even showcasing their own original musical productions. Alongside hip-hop dance techniques, mastering spins takes center stage, adding vibrancy and visual appeal to the choreography.

The Benefits of Immersing Yourself in Hip Hop Speed:

- **Enhanced Training:** The accelerated tempo fuels rapid progress for dancers.
- **Captivating Stage Presence:** Dynamic movements and spins culminate in mesmerizing choreography.
- **Holistic Movement Development:** Mastering dance techniques and spins refines coordination, balance, and body awareness.
- **Channeling Energy:** Hip Hop Speed provides an ideal outlet for abundant energy.
- **Unleashing Creativity:** Dancers freely express themselves through improvisation and choreography.