

November 12 - December 17, 2020

## Peridance Online: Classic Hip Hop with Rokafella

Company: Peridance Center  
Venue: Peridance Center  
Location: Zoom, NY

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# ROKAFELLA

CLASSIC HIP HOP  
**ONLINE ONLY**

**BEG LEVEL**  
**THURSDAYS**  
1:05 - 2:20 PM EST  
10:05 - 11:20 AM PST



ONLINE (VIA ZOOM) \$15. IN-STUDIO COMING SOON!  
**REGISTER AT PERIDANCE.COM**

Learn the history and technique of the original styles of Hip hop dance (Popping/Breakin/UpRockin/Lockin/ New Jack Swing) that emerged in the late 70's to late 80's. Students will be dancing to the music from this era to provide context. These styles are the foundation for today's trends but also point to the moves that predate Hip hop such as Tap Dance, Capoeira, Salsa and Kung Fu. Students will view dance clips to deepen their understanding of Hip hop as a form of expression. Students must be ready to learn upper body movements as well as floor moves -including some upside down moves too. Sneakers and comfortable clothing a must. Hydration is key.

About Rokafella: NYC born and raised La Roka, also known internationally as BGIRL ROKAFELLA for her Break dance mastery, performed as a teen in school productions and open mics. She began to perform at theatrical venues with Full Circle Prod and found her voice after successfully providing interludes for the dance pieces in their evening line up. La Roka is well rooted in Hip-hop and Afro Latin rhythms growing up in a time where so many genres are fused. She composed a Gospel version of Jimmy Castor's Just Begun adding to how she offers an empowering message in her music. Roka usually does a break dance freestyle if her audience requests, time permitting, so she reminds the world how Hip-hop still lives.

For more information and class registration, please visit [peridance.com/openclasses.cfm](https://peridance.com/openclasses.cfm)

Peridance Center  
Zoom  
Zoom, NY, online

Schedule  
November 12, 2020: 1:05pm  
November 19, 2020: 1:05pm  
November 26, 2020: 1:05pm  
December 3, 2020: 1:05pm  
December 10, 2020: 1:05pm  
December 17, 2020: 1:05pm

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