

TIFFANY BONG

Dance Workshops

MEET THE ARTIST:

Tiffany Bong is a Hip Hop/Street dancer, choreographer, educator, and administrator for Culture Shock LA - an international, non-profit, Hip Hop dance organization. She received a B.A. in Theatre & Dance and a B.S. in Psychology from Santa Clara University and has a Professional Designation in Arts Education from the LA County Arts Commission. Tiffany has been teaching dance for over 13 years and currently teaches and dances for Culture Shock LA, DARE Dance America, and Homeland Community Center. In 2007, Tiffany was selected as one of 30 dancers from across the world to participate in the Red Bull Beat Rider Program, where she received personal training from the pioneers and originators of Hip Hop/Street Dance. She specializes in the dance form, Lockin', and has recently received the 1st place title in the World Hip Hop Championships for partner Lockin'.



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ABOUT THE WORKSHOPS:

Tiffany provides stimulating workshops in Hip Hop/Street Dance that introduce students to the history and culture of dance styles such as Lockin', Poppin', and B-boyin'/B-girlin' (Break-dance). In each workshop, students experience the elements of dance and foundation of Hip Hop/Street Dance while developing skills of self-expression, communication, and confidence. Workshop activities are primarily group-centered, with an emphasis on problem-solving, teamwork, and creative expression. All lessons adhere to the California Visual and Performing Arts (VAPA) Standards and are specially designed to suit the needs and goals of each grade level, classroom teacher, and school. Workshop concepts can be connected to subjects such as Social Science, Language Arts, and Math and include, but are not limited to, the following:

Community and Culture: In small groups, students create their own community and develop a culture for this community through dance.

Diversity in Friendships: In partners, students are challenged to find the similarities and differences between people and discover how our unique traits can build friendship and lead to personal growth.

Self-expression and Individuality: Students learn how Hip Hop/Street dance is rooted in self-expression and originality. Students are challenged to create their own dance using inspiration from their individual culture, personality, and life experiences.

BEFORE THE WORKSHOP:

- Please have the students wear nametags for the workshop. It saves time if they are made beforehand!
- Review the importance of listening and observing. Ask the students what it means to be a good listener. What does it mean to be a good observer? Why is it important in daily life? Why is it important when the artist is here?

AFTER THE WORKSHOP:

- Review the major points presented in the workshops. What were the most important ideas? What parts of the workshop did the students like best? What did they learn? What did they learn about themselves?
- Practice the activities and skills they learned with the artist so students can attain more ability and enjoyment with dance.