

The Basics of Stepping with Jason Nious

Grades 1 - 6

This lesson will introduce students to the history and practice of stepping as an African American dance form.

Materials: Your body and space to move

The Lesson:

WARM UP

Lead a physical warm including marching in rhythm

ATTENTION

Teach the "Attention position"

Explain the job of the step master and the steppers

Practice several times to reinforce technique

TEACH – Hands, Feet, Body

Hands - Pity pat step (repeat 4x)

Feet – Shuffle step (repeat 4 x)

Body – Body step (repeat 4x)

CHANT – Have the students shout out the capitalized words below / on the screen.

"We have the rhythm in our HANDS

We have the rhythm in our FEET

We have the rhythm so why don't you get DOWN TO THIS BEAT"

It's in our Hands... Feet... Body (etc.)

TALK – about the importance of discipline, practice, always trying your best and how it relates to the African American college students who practice stepping as a form of unity, leadership, and teamwork.

WRAP UP

Good Better Best (mantra)

Closing remarks

Connection to the Nevada Academic Content Standards for the Fine Arts

- Creating: Conceiving and developing new artistic work and ideas.
- Performing: Realizing artistic ideas and work through interpretation and presentation.
- Responding: Understanding and evaluating how the arts convey meaning.
- Connecting: Relating artistic ideas and work with personal meaning and external context.

Connection to Literacy: active listening, communicating, thinking, making connections, responding

Resources

www.molodilive.com

www.crosspulse.com

www.stepafrika.org

www.bodypercussionclassroom.com

About the Artist

Jason Nious

As a performer, Jason has traveled extensively with Cirque du Soleil, Step Afrika, Stomp, and the International Body Music Festival. He has created award-winning choreography, worked as a cultural ambassador with the U.S. Embassy in Africa, South America, and Central America. Highlights include performing at Radio City Music Hall, Kremlin Palace, The Kennedy Center, and the Olympic Stadium in Azerbaijan. He served as assistant choreographer, dancer, and stunt double for the film *Stomp The Yard: Homecoming*, and has performed in dozens of regional theatre productions and films throughout his career. He honed his percussion and performance skills while working alongside some of the most talented artists this world has to offer, all of which strongly influence the work he does today as a teaching artist.

Currently, Jason facilitates Molodi's arts education program which reaches over 20,000 students per year. He serves as a teaching artist with Cirque du Soleil's Arts Nomades, Cleveland Playhouse's CARE program, and The Smith Center's education outreach program. He is an Artist in Residence with the Museum of Dance (SF), the education chair of the LAB LV Theatre Company, and regularly conducts in-school residencies through the Nevada Arts Council. Jason received his BA in Theatre from the University of New Mexico.

www.molodilive.com

Instagram @molodilive

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Nevada Arts Council Teaching Artist Roster

The Nevada Arts Council Teaching Artist Roster is an online resource for schools, organizations and communities seeking to engage teaching artists. Roster artists are experienced in collaborating with schools and communities to conduct arts learning and cultural experiences in, through and about the arts.

Explore the roster at <https://www.nvartscouncil.org/rosters/teaching-artists/>