



## *You Should Take Hip Hop!*

Are you convinced hip hop is boring? Well, it is actually really awesome, fun, and exciting! It gives you exercise, you learn new things, and it helps you be brave and self-confident! Also, you can make new friends, and it keeps you occupied. There are tons of reasons, but there's information you need to know and some you don't. In this article, the reader will find out what they need to know. You should try Hip Hop!

My first reason is that it gives you exercise. There are lots of moves to learn, so it can exercise your body with all those awesome moves. I mean, let's say you're learning a dance. There's this one part where the class needs to move around. Also, there are stretches to do, which is also exercising you! Well, it does depend on the stretch you are doing. You're doing straddle, with your legs spread out, reaching your toes. That's exercise! For another thing, to do anything you kind of move your whole body to do a whole dance. Like for a turn or a sashay, it moves your body around. For another example, when I was learning my first dance we had to do a spin. That's an example of moving your whole body. That's one reason why you should take hip hop!

Another reason you should take hip hop is that you learn awesome new things! For example, you learn new dance moves all the time. Meaning that while dancing and having fun, you'll still be learning. Learning cool moves is, well, pretty cool.

There are ways to stretch that could be new to you. In Hip Hop, the class does interesting things like reaching your toes, straddle, flat back, butterfly, etc. That's also an example of learning. And, even though you may not know it, you learn songs! While you dance, the music is playing. While listening, you can learn the tune, the words, or the whole song! Also, while practicing at home, and doesn't that make you learn? Learning is important. At first, you might've not thought that Hip Hop has anything to with learning. Well, now you know!

In addition, it'll surely make you be more confident and brave. During a performance, you always need to be brave and self-confident to perform amazingly and awesomely. To perform, you need both of those qualities. To be able to do the steps good and correctly, you need to be self-confident. For example, let's say you're learning a harder move. Besides the fact that you need to pay attention to learn it, it helps to be confident and brave. If you do that, you'll be awesome. To work hard, you need to be courageous and confident. It's not super easy. You're not automatically brave and confident. Dancing is about skill, hard work, and self-confidence. To be able to do that you need to be brave! Just a few more things: dancing also HELPS you with things. You can make new friends. Also, it keeps you occupied. At class, but also at home because you practice the dance. It can also make you responsible. Those are other little reasons why you should take Hip Hop.

If you, the reader, were looking for a sport that's musical, there's one I just said a lot. (Drumroll please...) You guessed it! Hip Hop! It gives you exercise, Learning is a part of it, and you can become more self-confident. In conclusion, that is a pretty good set of reasons why you should take hip hop. You should! Just keep these reasons in mind, and you'll have a great time. That's why YOU should take hip hop!

