

Bust a Move: Break Dancing



Face Off

A flat piece of cardboard box is on the ground. Two dancers face each other. A big group of people stands around them.

One dancer steps forward onto the flat box. He spins his body. He stands on his hands. People cheer. He spins on his head!

What is he doing? He is break dancing.

What Is Break Dancing?

Break dancing is a kind of dancing. It is also called b-boying. Some moves are simple steps. Others are more difficult.

Dancers spin. They spin on their hands. They spin on their bottoms. They spin on their heads.

Dancers also balance. Dancers stand on their hands. They even stand upside down on their heads!

History of Break Dancing

Break dancing was started by African American and Latino American people in the South Bronx. The South Bronx is a neighborhood in New York City.

People started break dancing in the 1970s. People danced to hip hop music. They danced at parties. They danced on the street.

Break Dancing Today

Break dancing is still popular today. It is on television and in movies. People still break dance on the sidewalks in some cities.

Have you ever tried break dancing?
Go ahead. Bust a move!