

# STEP **AFRIKA!**

**Step Up to College**

## **Student Activity Journal Elementary School Edition**

**Student**

**Group**

**Grade**

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# WHAT IS STEPPING?

## WHAT IS STEPPING?

Stepping is a dance that uses the body as an instrument. It combines footsteps, claps, and spoken words to produce complex rhythms, and has roots in African dance and military marching. In stepping, the dancers wear hard-soled shoes that create loud sounds against the floor. Step Afrika! is a dance company committed to furthering the tradition of stepping.

Stepping is a dance form full of energy, pride, and tradition. As you learn how to step, remember to display confidence and trust not only in yourself but also in your step team. Stepping requires teamwork, discipline and commitment – three principles that all steppers must have and that the founders of stepping embodied.

## COLLEGE: WHERE STEPPING WAS BORN

In the early 1900s, African American students who became members of college organizations called sororities and fraternities developed stepping. (Sororities are for women and fraternities are for men.) Stepping became a way members could show pride and love for their organizations.

## IT'S EVERYWHERE!

Though stepping is traditionally associated with college groups, the art form is universal and highly appealing to young people. Today, stepping can be found in elementary, middle, and high schools across the United States as well as in churches and community-based organizations. Are there step teams in your community? Where?

## WHAT MOVES MAKE UP A STEP?

There are many different moves that make up a step. Let's learn and demonstrate these moves together:

Blade – To make a BLADE, extend all your fingers, but keep them close together. Straighten your arms so it does not bend at the elbow or wrist. A BLADE can be thrown at many angles as shown in the pictures.

Punch – Extend your arm forward and close your fist. Make sure to keep your arm straight when you throw a PUNCH. Place your left hand, fist closed, across your chest. This is the classic PUNCH position. Switch positions with both arms in order to punch each side.

Spin – When you turn around while stepping, it is called a SPIN. You can SPIN all the way around and back to the front. Stomp one foot on the floor in front of you, and then turn your body in the opposite direction. (If you stomp on your left foot, SPIN right. If you stomp on your right foot, SPIN left.) Use your arms in the air to help you balance and not fall. You can SPIN fast or slow.

Clap – Extend your fingers and slap your hands together. A CLAP can be done in front of you, behind your back, underneath your leg or even with someone else.

Kick – Use one leg to leap in the air. With the other leg, KICK your foot back toward the floor behind you. You can do a KICK behind you or in front of you. You can do many KICKS together. A lot of steppers clap under their leg when they finish doing KICKS.



# ELEMENTS & QUALITIES OF STEPPING

**RESEARCH:** Look up the following words that describe the elements and qualities of stepping. Create your own brief definition.

## ELEMENTS OF STEPPING

Teamwork \_\_\_\_\_

Discipline \_\_\_\_\_

Commitment \_\_\_\_\_

## QUALITIES OF STEPPING

Innovative \_\_\_\_\_

Choreography \_\_\_\_\_

Energy \_\_\_\_\_

Precision \_\_\_\_\_

Diction \_\_\_\_\_

Voice Projection \_\_\_\_\_

# STEP AFRIKA! WORD SEARCH FUN

**INSTRUCTIONS:** You are learning new vocabulary words about stepping that you can also find in this Step Afrika! Word Search. See if you can find all the words that are listed below.

H	H	H	L	Y	K	R	F	T	Q	I	Y	B	N	E	F	W	X	N
Z	C	F	U	O	H	K	F	R	A	T	E	R	N	I	T	Y	S	C
N	O	F	F	Y	S	V	R	C	S	O	R	O	R	I	T	Y	W	H
G	M	L	W	J	O	T	D	I	S	C	I	P	L	I	N	E	B	N
S	M	O	N	B	E	E	E	E	S	T	E	P	P	I	N	G	B	Y
W	I	S	W	N	B	Y	N	P	C	O	L	L	E	G	E	Y	W	J
I	T	H	I	C	Q	Y	Z	E	A	C	C	Q	H	I	M	C	N	O
N	M	C	X	H	I	K	J	J	R	F	L	S	R	J	I	X	H	C
W	E	W	U	C	H	O	R	E	O	G	R	A	P	H	Y	F	N	A
U	N	I	V	E	R	S	I	T	Y	U	Y	I	P	U	I	J	C	R
H	T	S	K	P	I	K	T	N	A	G	R	S	K	Z	N	F	N	E
A	T	T	E	N	T	I	O	N	Z	A	L	N	P	A	X	C	S	E
Z	Q	N	J	D	I	C	T	I	O	N	E	Q	A	I	H	J	H	R
X	Z	J	V	V	U	K	L	R	X	X	K	D	G	L	N	T	O	D
T	E	A	M	W	O	R	K	E	U	L	Q	O	H	J	G	P	R	Q

Step Afrika!

Choreography

Commitment

Energy

Kick

Sorority

Teamwork

Attention

Clap

Diction

Fraternity

Projection

Spin

University

Career

College

Discipline

Journal

Punch

Stepping



## THE GREEK ALPHABET

Αα

ALPHA [a]  
ἄλφα

Ββ

BETA [b]  
βῆτα

Γγ

GAMMA [g]  
γάμμα

Δδ

DELTA [d]  
δέλτα

Εε

EPSILON [e]  
ἕψιλόν

Ζζ

ZETA [dz]  
ζῆτα

Ηη

ETA [e:]  
ἦτα

Θθ

THETA [tʰ]  
θῆτα

Ιι

IOTA [i]  
ιώτα

Κκ

KAPPA [k]  
κάππα

Λλ

LAMBDA [l]  
λάμβδα

Μμ

MU [m]  
μῦ

Νν

NU [n]  
νῦ

Ξξ

XI [ks]  
ξεῖ

Οο

OMICRON [o]  
ὀ μικρόν

Ππ

PI [p]  
πεῖ

Ρρ

RHO [r]  
ῥῶ

Σσς

SIGMA [s]  
σίγμα

Ττ

TAU [t]  
ταῦ

Υυ

UPSILON [u]  
ὑ ψιλόν

Φφ

PHI [pʰ]  
φεῖ

Χχ

CHI [kʰ]  
χεῖ

Ψψ

PSI [ps]  
ψεῖ

Ωω

OMEGA [ɔ:]  
ὦ μέγα

# THE GREEK ALPHABET EXERCISE

**INSTRUCTIONS:** The letters below represent the names of the historically African-American fraternities and sororities who practice stepping. Three letters of the Greek Alphabet represent each name. Using the Greek Letter Chart provided, write out the full name of each of the organizations listed below.

## FRATERNITIES

**ΑΦΑ** \_\_\_\_\_ **Fraternity, Inc.**

**Founded: 1906**                      **Colors: Black and Old Gold**

**ΚΑΨ** \_\_\_\_\_ **Fraternity, Inc.**

**Founded: 1911**                      **Colors: Crimson and Cream**

**ΩΨΦ** \_\_\_\_\_ **Fraternity, Inc.**

**Founded: 1911**                      **Colors: Purple and Gold**

**ΦΒΣ** \_\_\_\_\_ **Fraternity, Inc.**

**Founded: 1914**                      **Colors: Blue and White**

**ΙΦΘ** \_\_\_\_\_ **Fraternity, Inc.**

**Founded: 1963**                      **Colors: Charcoal Brown and Gilded Gold**

## SORORITIES

**ΑΚΑ** \_\_\_\_\_ **Sorority, Inc.**

**Founded: 1908**                      **Colors: Salmon Pink and Apple Green**

**ΔΣΘ** \_\_\_\_\_ **Sorority, Inc.**

**Founded: 1913**                      **Colors: Crimson and Cream**

**ΖΦΒ** \_\_\_\_\_ **Sorority, Inc.**

**Founded: 1920**                      **Colors: Blue and White**

**ΣΓΡ** \_\_\_\_\_ **Sorority, Inc.**

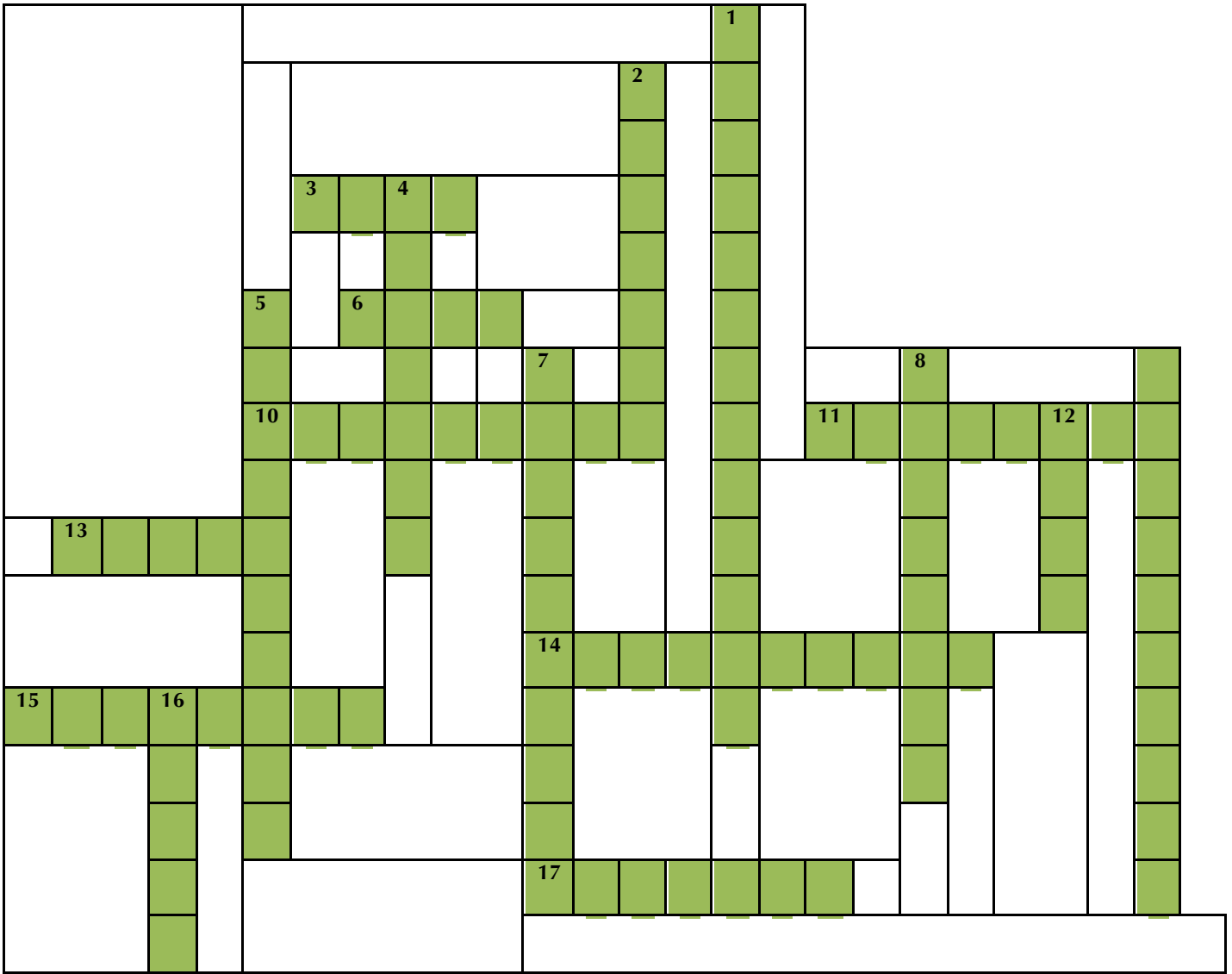
**Founded: 1922**                      **Colors: Royal Blue and Gold**

**Write your own name using the Greek Capital and Lower-case letters:**

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# STEP AFRIKA! CROSSWORD PUZZLE

**INSTRUCTIONS:** Put your knowledge to the test and complete this crossword puzzle.



**Across**

- 3 – use one leg to leap in the air and swinging other leg forward
- 6 – extend your fingers and slap your hands together
- 10 – ready to step
- 11 – very sharp movement
- 13 – extending all fingers, close together. Arm is extended
- 14 – to speak in a loud voice

15 – a dance that uses the body as an instrument

17 – fifth letter of the Greek Alphabet

**Down**

- 1 – ancestor of European alphabet
- 2 – speaking clearly
- 4 – a place of higher learning
- 5 – a group of men that come together for a common cause or goal

7 – knowing the rules and sticking to them

8 – together everyone achieves more

9 – stick to it

12 – turning around while stepping

16 – thrusting your arm forward with a closed fist



# WHEN I GROW UP – PART I

**INSTRUCTIONS:** Upon entering college, a student must choose a particular program to study. The program determines what type of degree you will learn. Below is a list of possible careers. Match the careers to the correct program.

## CAREER

Doctor  
Software programmer  
Dentist  
Accountant  
Teacher  
Broadcast journalist  
Physical therapist  
Dancer

## SCHOOL

Education  
Business  
Arts & Sciences  
Pharmacy, Nursing, and Allied Health Sciences  
Engineering, Architecture, & Computer Sciences  
Medicine  
Dentistry  
Communications

**List three things you learned about college during your Step Afrika! class.**

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

# WHEN I GROW UP – PART II

**INSTRUCTIONS:** Have you thought about what you would like to do (also called a **profession** or **career**) when you grow up? List three careers you might want to pursue and why.

	CAREER/PROFESSION	WHY WOULD I LIKE TO DO THIS?
1		
2		
3		

**Do you know anyone in one of these careers? Find out what they did to work in that profession.**

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# All About Step Afrika!

**C. Brian Williams**, the founder and executive director of Step Afrika!, attended Howard University in Washington, D.C., where he learned how to step. Later, he visited South Africa, and saw a young boy dancing a style that looked very similar to stepping. Recognizing the connection, Brian wanted to find a way for Africans and Americans to share their dances, music, and culture. In 1994, he founded Step Afrika! As the first professional company dedicated to the tradition of stepping, Step Afrika! ranks as one of the top ten African American dance companies in the United States.

## We Step

We promote an appreciation for stepping and its use as an educational, motivational and healthy tool for young people. We structure our performances and programs to connect intimately with our audience and create a positive influence on students' lives.

## We Tour

Step Afrika! performs in more than 50 U.S. and Canadian cities each year. As a cultural ambassador, Step Afrika! also partners with various organizations to perform for audiences all over the world. During international visits, Step Afrika! joins with local dance groups and other arts organizations to develop performances that blend the styles of different cultures and create a unique experience for the audience. Step Afrika! programs are a testament to the power of the arts; bringing communities together and building tolerance, unity and acceptance among young people everywhere.

## We Teach

Step Afrika! has been dedicated to arts education since its inception. We present the art, values, and culture of stepping to students of all grades and backgrounds. We have become a model for using stepping as an educational tool. Exhibiting the organization's core values of teamwork, discipline, and commitment, Step Afrika! presents the following programs:

- *Stepping with Step Afrika!* in-school performance
- *Step Up to College* residency program
- *Step Afrika! Step Shop* Workshop
- *Summer Steps with Step Afrika!* summer camp
- *Step Afrika! Youth Ensemble*
- *Step Afrika! Scholars Program*

For more information about our arts education programs, visit [www.stepafrika.org](http://www.stepafrika.org), or email [info@stepafrika.org](mailto:info@stepafrika.org).

***“The story to the founding of this international arts organization illustrates not only the attraction of stepping to other cultures but also stepping’s ability to open doors to intercultural communication.”***

**– Dr. Elizabeth C. Fine, author of Soulstepping**



















