



Hip Hip Basics: Cadence and Flow



Objective

Students will use nonsense syllables to arrange and assemble their own cadence and flow over a rap/hip-hop beat.

Key Terms

Cadence - style and flow of how one raps their rhymes to the tempo of the beat.

Tag Sounds - words or sounds that can be used to improvise rhythmically over a beat.

Procedures

1. Students will watch Coach Kenrick freestyle using his own tag sound, “boom.”
2. Students will use Coach Kenrick’s tag sound to create their own cadence and flow over the music.
3. Students will then pick a favorite rapper and imitate their cadence and flow using the tag sound, “boom” or they can also create their own tag sound and practice it over the beat. They can also use a given tag sound such as boom, click, scat, or bop.

Extension

1. Students can turn this into an improvisational activity where Student A gives Student B a tag sound, which they must then use with their own cadence and flow. Afterwards, the roles can be switched and the process can be repeated.
2. Students can also pick a rap/hip-hop song that they like and use one of the verses as an example. They can then use their own tag sound to mimic the cadence and flow of that particular verse. If time allows, they can record themselves doing this for additional practice.

National Core Arts Standards

MU:Cr1.1.C.11a Describe and demonstrate how sounds and musical ideas can be used to represent sonic events, memories, visual images, concepts, texts, or storylines.