



# A Skill Enhancement and Artistic Development Approach: The Variation Steps Training Program for Student Dancers in Iligan City

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Received: 15 May 2025

Revised: 26 May 2025 Accepted: 27 May 2025

**Abstract.** This study aimed to conceptualize, design, and implement a comprehensive Variation Steps-focused dance training program to enhance skill proficiency, artistic expression, and stage readiness among student dancers in Iligan City. Guided by the Input-Process-Output (IPO) model, the study assessed the effectiveness of a progressive training framework tailored to the needs of youth engaged in competitive dance. Using both quantitative and qualitative approaches including surveys, interviews, and expert-based performance assessments the study found significant improvements in rhythm, coordination, footwork precision, and stage presence. The program's success offers a replicable model for community-based dance pedagogy and contributes to the scholarly discourse on skill enhancement through structured dance education.

**Keywords:** Variation Steps, Breakdancing, Dance Training, Skill Development, Artistic Enhancement

## 1. Introduction

Dance is a powerful and multifaceted form of human expression that transcends cultural and linguistic boundaries. It encompasses artistic creativity, physical discipline, and social engagement. Globally, dance has been used not only to entertain but also to communicate cultural values, personal identities, and collective narratives (Greenawald, 2021).

Hip-hop dance has emerged as a dominant force in contemporary youth culture. Rooted in the urban environments of the Bronx in the 1970s, hip-hop includes various elements such as DJing, MCing, graffiti, and breakdancing that have since evolved into global cultural phenomena. Among these, breakdancing, also known as "breaking," features distinctive styles such as Variation Steps, downrock, power moves, and freezes. Variation Steps, the standing component of breakdancing, introduces a dancer's style, rhythm, and musicality and serves as the essential entry point to any performance or battle (Barrett-Fraser, 2022).

While the Philippines was not the birthplace of hip-hop, its themes of resilience and identity have deeply resonated within Filipino communities. Across the country, hip-hop dance has become a vehicle for creative expression and youth empowerment, with events like Sayaw Pinoy and World of Dance Philippines showcasing local talent on national and international platforms (Fogarty & Johnson, 2022). In Iligan City, competitions such as

Danztrack Philippines have cultivated a vibrant dance culture, drawing consistent participation from institutions like Iligan Computer Institute, St. Michael's College, MSU-IIT, La Salle Academy, and Iligan City National High School.

Despite this strong performance culture, there remains a notable gap in structured, research-based training—particularly in foundational techniques like Variation Steps. Most student dancers rely on peer learning, online content, or informal coaching, which may lead to inconsistent technique, underdeveloped movement quality, and limited artistic depth (Smol & Fredyk, 2020). Furthermore, few studies have examined how participation in competitive dance influences long-term artistic development within local communities.

Recognizing this gap, the present study aims to design, implement, and evaluate a structured dance training program focused on the Variation Steps element of breakdancing, specifically tailored to student dancers in Iligan City. This training initiative targets both technical and artistic development, fostering not only performance readiness but also cultural appreciation and physical well-being.

### 1.2 Statement of the Problem

Despite the growing popularity of hip-hop and breakdancing in the Philippines, particularly in Iligan City, most student dancers continue to rely on informal training methods such as peer instruction and online tutorials. This often results in inconsistent technique, limited artistic development, and increased risk of physical strain. While local competitions like *Danztrack Philippines* have fostered interest and participation, there is a lack of structured, research-based training programs focused on foundational techniques like Variation Steps. Moreover, there is limited understanding of how such training can influence long-term skill development, performance readiness, and artistic expression among young dancers.

Given these gaps, the central problem this study addresses is: How can a structured training program focused on the Variation Steps element of breakdancing enhance the technical skills, artistic growth, and performance readiness of student dancers in Iligan City?

### 1.3 Objectives of the Study

This study aims to develop a dance training program focusing on the Variation Steps element of breakdancing. Specifically, it aims to achieve the following:

1. Design a dance training program that emphasizes the Variation Steps element of breakdancing.
2. Implement the designed dance training program.
3. Evaluate the effectiveness of the dance training program for Variation Steps dancing.

### 1.4 Significance of the study

The following will benefit from the result of this study.

**Dancers.** This study provides dancers participating in dance competition with a tailored dance training program aimed at enhancing their skills, improving their performance, and preventing injuries, thereby fostering their artistic growth and competitive edge.

**Student Dancers.** This study provides significant implications for their holistic development, providing them with valuable skills, experiences, and opportunities for personal, academic, and artistic growth.

**Faculty Dancers.** This study holds significant implications for their professional development, teaching effectiveness, and personal well-being. By investing in their own ongoing education and artistic growth, faculty dancers enrich their teaching practice, inspire their students, and contribute to the vitality of the dance community as a whole.

**School.** This study gives schools an idea of how to start with a proper dance training program with students who are willing to join the dance competition. This will somehow

give them the chance to maintain their skills and the number of winners in any dance competitions.

**Instructors and Coaches.** Dance instructors and coaches can benefit from the insights and methodologies gleaned from this study, enabling them to deliver more effective and targeted training sessions that accommodate to the diverse needs and abilities of their students.

**Organizers and Sponsors.** The implementation of a well-designed training program can enhance the overall quality of the dance competition or any dance organizing committee, elevate the standard of performances, and promote a stronger sense of community and camaraderie among participants, thereby increasing the event's appeal to sponsors and spectators.

**Broader Dance Community.** The dissemination of best practices and innovative approaches in dance training through this study promotes continuous learning, collaboration, and artistic excellence within the broader dance community of Iligan City.

### 1.5 Scope and Limitations of the Study

This study aims to develop a comprehensive dance training program specifically tailored for participants of the Danztrack competition in Iligan City. It involves analyzing various factors crucial for effective dance training, such as dance technique, choreography, physical conditioning, injury prevention, and performance enhancement strategies, drawing insights from existing dance pedagogy and practical expertise. Additionally, the research utilizes context-specific data from interviews or surveys among dancers affiliated with Iligan Computer Institute (ICI) who participated in the staple dance competition in Iligan City to ensure the program's relevance and effectiveness within the local dance community. However, limitations include the study's focus solely on a staple dance competition in Iligan City, potentially limiting generalizability, as well as external factors like individual differences in dancers' abilities and resource constraints that may impact the program's efficacy and evaluation.

### 1.6 Conceptual Framework (IPO)

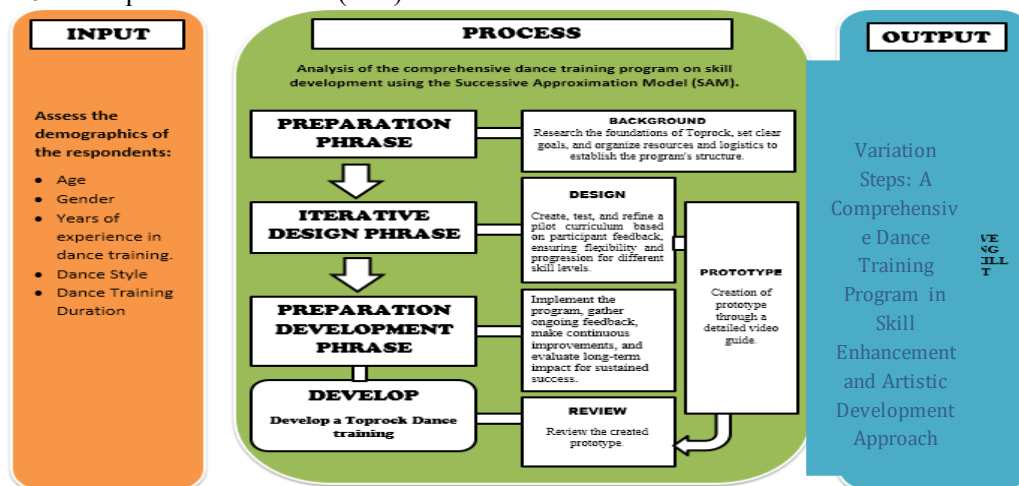


Figure 1 Conceptual Framework

This study was anchored on the Input–Process–Output (IPO) Model (De Castro & Bayod, 2021), which provided a clear and organized way to develop a Variation Steps-focused dance training program. The IPO framework helped connect the input data, the process, and the final output in a logical and actionable flow.

### *Input Phase*

The initial phase involved identifying the strengths, challenges, strategies, achievements, and gaps of dancers, trainers, and choreographers in the context of Variation Steps. Through interviews, observations, and performance assessments, the study gathered detailed and relevant information that served as the groundwork for a training program that would be both practical and meaningful for its intended audience.

### *Process Phase*

To guide the development of the program, this study used a Design-Based Research (DBR) approach, sometimes referred to as Developmental Research (Barab, Petrosino, & Jackson, 2021; McKenney & Reeves, 2020). DBR is well-suited for educational interventions because it allows for real-time testing and improvement in authentic learning environments. It blends design, implementation, and research to produce a program that is both effective and grounded in actual practice.

*The process unfolded in the following stages:*

#### 1. Understanding Learners' Needs

The researcher started by analyzing what dancers currently knew, what they needed to improve, and how they preferred to learn. These insights shaped the training goals—such as enhancing technique, promoting creativity, and boosting confidence in performance.

#### 2. Designing the Initial Program

Using the information collected, a prototype training program was created. It included dance routines, teaching strategies, multimedia resources, and tools to monitor progress. The design emphasized adaptability and learner engagement.

#### 3. Pilot Testing and Refinement

The prototype was tested with a small group of dancers. Through feedback sessions, performance evaluations, and reflective observations, the program was revised to address any issues and to improve its flow, structure, and content. This iterative cycle continued until the program met both practical and educational standards (Holmberg & Vartiainen, 2022).

#### 4. Continuous Reflection and Documentation

The researcher documented lessons learned throughout the process, using these reflections to fine-tune both the program and the instructional approach. This reflective practice also contributed to the body of knowledge on teaching Variation Steps in formal and informal learning settings.

#### 5. Building for Long-Term Impact

To ensure the training program could be sustained over time, the researcher developed strategies such as training dance instructors, organizing materials for easy reuse, and fostering collaborations within the local dance scene. These efforts were intended to keep the program alive beyond the duration of the study.

### *Output Phase*

The final outcome was a well-crafted, evidence-based, and sustainable Variation Steps training program designed to help dancers build technical skills, artistic expression, and physical strength. It was validated through real-world testing, shaped by feedback, and created with the flexibility to evolve as the needs of the community change.

## **2. Method and Material**

The process phase referred to the development of the program, which followed the Design-Based Research (DBR) methodology. DBR is an iterative, theory-driven, and contextually grounded approach that integrates the design, implementation, and refinement of educational interventions within real-world settings (McKenney & Reeves,

2020). It was selected for this study to ensure the training program would remain responsive to learners' needs, informed by continuous feedback, and adaptable to evolving instructional contexts (Anderson & Shattuck, 2020).

In the initial design phase, the researcher defined clear objectives and outlined the intended learning outcomes of the dance training program, emphasizing skill development, artistic expression, and performance enhancement. To support this, essential instructional resources were gathered, including choreography guides, dance theory texts, music selections, and instructional videos—tools widely acknowledged for supporting embodied learning and cognitive engagement in performing arts education (Bresler, 2020).

A needs analysis was conducted to evaluate participants' skill levels, learning styles, and prior exposure to hip-hop dance. This analysis involved both structured questionnaires and semi-structured interviews. The structured questionnaires collected key demographic and experiential data, such as:

- Age, gender, and current status (student or teacher)
- Dance experience level (beginner, intermediate, advanced)
- Duration of involvement in dance training programs
- Previous training across various dance styles (e.g., street and urban, Latin & ballroom, classical, etc.)
- Frequency of performance and/or competition opportunities
- Primary goals for dance training (e.g., professional career, personal enjoyment, physical fitness, social engagement)
- Participants were also invited to provide additional insights through open-ended questions in semi-structured interviews, which explored topics such as:
- Personal motivations and aspirations in dance
- Perceived barriers to learning or performance
- Preferences in instructional methods and music selection
- Experiences with choreography retention and physical demands
- Feedback on existing dance instruction formats and resources

Findings from this needs analysis directly informed the initial curriculum structure, which included choreographic progressions, instructional strategies, and performance evaluation tools. The first draft of the training design was reviewed by dance instructors, student dancers, and peer educators, and then pilot-tested among a small group of participants. Feedback collected both verbal and written—was systematically analyzed to guide improvements. Adjustments included restructuring lesson pacing, clarifying technical instructions, and refining the sequencing of Variation Steps routines. This cycle of design, enactment, analysis, and revision reflects DBR's core principle of collaborative refinement to produce practically relevant and theoretically robust outcomes (Wang et al., 2020).

The iterative development phase began with the full implementation of the revised program among a larger group of participants. The researcher monitored their progress and engagement throughout the sessions. The program's effectiveness was evaluated using a combination of participant feedback, observed learning outcomes, and skill development assessments. Continuous improvement followed, with updates to instructional methods, choreography, and learning resources based on ongoing feedback.

Finally, the researcher designed sustainability strategies to ensure the program's long-term impact. These included training instructors, managing learning resources effectively, and building partnerships within the dance community.

### 2.1 Research Participants

The respondents of the study were students from Iligan Computer Institute (ICI). A total of 50 students participated in the dance training program and served as interview participants. The following criteria were used to select respondents:

- 1) Respondents had been participating in dance competitions for at least one to two years.
- 2) Respondents were able to identify Variation Steps movements in their dance routines.
- 3) Respondents were capable of joining any type of dance training, whether formal or informal.

To assess the feasibility of the dance program, the researcher recorded and compiled the participants' comments and suggestions for each version of the dance steps. For the purpose of evaluating the dance program's acceptability, the researcher engaged a panel of field experts. These experts reviewed the designed dance exercise routine and provided validation by endorsing and certifying its quality and effectiveness. The selection of field experts was based on the following criteria:

- 1) The validator was a certified instructor specializing in Variation Steps dance.
- 2) The validator had been actively engaged in Variation Steps dance routines for two to three years.
- 3) The validator had experience as a Variation Steps dance coach for at least one year.
- 4) The validator was a dance coach or choreographer capable of analyzing movement technique.

### 2.3 Research Instrument

The researcher employed both quantitative and qualitative data collection methods to ensure a comprehensive understanding of the participants' experiences and perceptions.

*Quantitative Research Design.* Structured surveys or questionnaires were used to gather quantitative data on participants for statistical analysis and to determine the acceptability of the dance routine. These instruments consisted of close-ended questions with predefined response options, allowing for standardized data collection and interpretation.

*Qualitative Research Design.* Semi-structured interviews were conducted with selected students to explore their experiences, perceptions, and challenges related to the dance training program. These interviews provided deeper insights into individual perspectives and revealed themes not easily captured through structured questionnaires.

## 3. Results and Discussions

### 3.1 Design of a Dance Training Program Focusing on the Variation Steps Element of Breakdancing

#### *Input*

The development of the Variation Steps-focused dance training program began with a comprehensive needs assessment among dancers from Iligan City, particularly those participating in the Danztrack Philippines competition. Input was gathered through interviews and surveys with dancers, choreographers, and instructors affiliated with top-performing institutions such as Iligan Computer Institute, St. Michael's College, MSU-IIT, La Salle Academy, and Iligan City National High School.

This input phase identified key factors necessary for effective training: technical skill gaps in Variation Steps footwork, limited access to structured routines, inconsistent warm-up and conditioning protocols, and a lack of pedagogical resources. Stakeholders emphasized the need for a program that would enhance not only technical execution but

also creativity, rhythm, and cultural understanding inherent in Variation Steps as a hip-hop form.

Additionally, the study drew theoretical insights from established frameworks including:

- Technological Pedagogical Content Knowledge (TPACK) – for integrating instructional technology and content effectively,
- Social Learning Theory by Albert Bandura – to reinforce modeling and observational learning strategies, and
- Bartenieff Fundamentals and Laban Movement Analysis – to inform body alignment, efficiency, and expressiveness in movement.

#### *Process*

The program design was guided by the Design-Based Research (DBR) methodology, which emphasizes iterative, real-world testing of instructional interventions to bridge theory and practice in educational innovation (McKenney & Reeves, 2020). The development of the Variation Steps-focused dance training program unfolded through the following DBR-aligned phases:

##### 1) Problem Analysis and Design Phase

The researcher initially identified specific learning goals targeting the improvement of Variation Steps technique, musicality, confidence, and injury prevention among student dancers. A foundational step in DBR involves integrating theory and practice; thus, the researcher collected and reviewed relevant instructional materials such as hip-hop dance videos, choreography manuals, and scholarly resources on breakdancing pedagogy and kinesthetic learning (Bresler, 2020; Ho, 2021). These resources helped ensure the design was both research-informed and contextually relevant.

##### 2) Collaborative Development and Iterative Refinement

A needs analysis was conducted through observation, informal interviews, and structured feedback sessions with the target participants. Drawing from this data, the researcher drafted an initial curriculum that included daily practice drills, music selection tailored to rhythm training, step progressions, and conditioning activities. In line with DBR principles, the draft was reviewed by field experts in Variation Steps and dance instruction. Their feedback highlighted areas for improvement in step sequencing, instructional clarity, and scaffolding strategies prompting immediate revisions (Anderson & Shattuck, 2020).

##### 3) Prototype Testing and Redesign

A preliminary version of the program was then implemented with a small group of student dancers. Participants engaged in the full sequence of the training and provided feedback regarding the clarity of instruction, level of physical difficulty, engagement, and musical flow. Observations and participant input informed additional refinements such as reordering complex steps, simplifying transitions, and integrating rhythm-based drills to better support musical interpretation and flow. This phase exemplifies DBR's emphasis on field-testing and iterative enhancement to achieve both practicality and theoretical robustness (Wang et al., 2020).

### 3.2 Needs Assessment of Dance Movements and Training Challenges in Variation Steps

Table 1 shows the data of the assessment conducted among student dancers, highlighting their physical readiness, technical skills, and training requirements relevant to Variation Steps. It involved several key areas to ensure the training was appropriate and responsive to the participants' capabilities and goals. First, the demographic profile of each participant was examined, including age, gender, previous dance experience, and the duration of prior training, as these factors influence physical readiness and learning pace. Learning preferences were also considered, such as preferred learning styles (visual, kinesthetic, or auditory), familiarity with hip hop terminology, and openness to feedback, which are essential for effective instructional delivery.

Table 1 Needs Assessment of Dance Movements and Training Challenges in Variation Steps

Category	Identified Needs
Technical Skill Development	<ul style="list-style-type: none"> <li>- Complexity of Movements: Variation Steps requires fine motor control, quick footwork, and rhythm. Many dancers struggle with fluidity, leading to technical inconsistencies.</li> <li>- Lack of Progression Pathways: Without structured progression from basic to advanced moves, many dancers plateau in their development.</li> </ul>
Physical Conditioning	<ul style="list-style-type: none"> <li>- Endurance and Strength: Dancers need a baseline level of stamina, strength, and flexibility. Many fail to prepare for the strain on their joints and muscles.</li> <li>- Injury Prevention: Many dancers are unaware of the importance of proper warm-ups, stretching, and recovery, leading to injuries like sprains, strains, and joint stress.</li> </ul>
Artistic and Expressive Development	<ul style="list-style-type: none"> <li>- Musicality and Rhythm: Variation Steps requires synchronization with music, but many dancers lack training in music theory, beats, or translating them into movement.</li> <li>- Cultural Understanding: Variation Steps has deep cultural roots in hip-hop. Dancers may lack cultural context, which limits authentic expression and connection with the style.</li> </ul>
Psychological Factors	<ul style="list-style-type: none"> <li>- Confidence and Mental Resilience: Performing Variation Steps in battles requires mental fortitude. Many beginners experience performance anxiety or lack confidence in their abilities.</li> <li>- Motivation and Consistency: Many dancers face challenges maintaining motivation, resulting in inconsistent practice and slow progress.</li> </ul>
Lack of Structured Training Programs	<ul style="list-style-type: none"> <li>- Ad-hoc Instruction: Many dancers learn Variation Steps informally (e.g., online tutorials or peer teaching), leading to fragmented learning and no clear growth pathway.</li> <li>- Unbalanced Focus: Traditional breakdancing programs often neglect Variation Steps in favor of floorwork or power moves, leaving dancers with an incomplete skill set.</li> </ul>
Community and Social Engagement	<ul style="list-style-type: none"> <li>- Peer Learning: Over-reliance on peer-to-peer learning in many dance communities leads to inconsistent standards and a lack of structured guidance.</li> <li>- Cultural Disconnect: The global spread of breakdancing may result in a superficial practice of Variation Steps, lacking cultural depth and historical understanding.</li> </ul>
Training Challenges	<ul style="list-style-type: none"> <li>- Technical Barriers: Difficulties in mastering footwork, rhythm, and coordination can lead to improper execution and poor muscle memory development.</li> <li>- Physical Conditioning and Recovery: Lack of preparation for Variation Steps's physical demands can lead to fatigue, affecting movement quality.</li> <li>- Cultural and Artistic Gaps: A disconnect between understanding the cultural context and executing the movements can limit authentic expression and the impact of performances.</li> <li>- Psychological Barriers: Anxiety and lack of self-confidence can hinder expression during battles or performances, affecting Variation Steps execution.</li> <li>- Lack of Access to Expert Training: Limited access to experienced Variation Steps instructors can hinder progress and lead to the adoption of poor habits.</li> </ul>

According to Table 1, physical readiness was assessed in terms of muscular strength, endurance, coordination, balance, flexibility, and injury history to prevent strain and ensure participant safety. Furthermore, the assessment examined participants' current technical skills, including musicality, footwork precision, creativity, and performance confidence, which are fundamental components of Variation Steps. Lastly, environmental and logistical considerations were taken into account, such as access to suitable practice space, appropriate footwear and attire, availability of instructional resources, and the



participants' time commitment. These components formed the basis for designing a relevant, inclusive, and effective dance training program tailored to the needs of student dancers engaged in Variation Steps. Dancers work to hone their technical talents in balance, coordination, speed, and strength. Robust footwork puts all of these to the test. When performed correctly, it forms the foundation of a dancer's technique. Correct footwork is essential for posture and movement. When each step is performed with grace, it opens the path for the next, resulting in a fluid motion (Potchinik, 2020).

### 3.2 Implement a Dance Training Program that Focuses on the Variation Steps Element of Breakdancing

#### *Input*

For the implementation phase, the finalized curriculum incorporated all validated components from the design stage. Participants included 50 students from Iligan Computer Institute who met the following criteria:

- Minimum of one year of dance experience,
- Familiarity with basic hip-hop or Variation Steps movements,
- Availability for consistent training over a 5–10-day schedule.

Dance coaches and choreographers provided insights into logistical and instructional needs such as optimal session length, physical readiness of students, and preferred music tempo for Variation Steps routines. Institutional support was secured from ICI administration, including practice space and basic equipment.

Field experts were also consulted to endorse the implementation methodology, which involved warm-up, technical instruction, guided performance, and cool-down routines per session.

#### *Process*

Implementation of the program was guided by the principles of Design-Based Research (DBR), which emphasizes iterative testing and refinement of educational interventions in authentic settings (McKenney & Reeves, 2020). The program underwent cycles of implementation, observation, and revision, allowing it to evolve in response to participant feedback and instructional challenges observed in real-time. The key implementation activities included the following:

##### 1) Daily Training Delivery

Each training session was structured to support physical conditioning and skill progression. It began with a 10-minute warm-up and flexibility routine to prepare the body for movement. This was followed by 20–30 minutes of targeted Variation Steps drills such as the Indian step, kick step, and side step progressively introduced to build rhythm, coordination, and expressiveness. Each session concluded with cool-down exercises to promote recovery, prevent injury, and reinforce muscle memory.

##### 2) Instructor Monitoring and Support

During each session, instructors and researchers actively observed participants' form, stamina, and stylistic execution. Consistent with DBR's emphasis on practitioner-researcher collaboration, real-time feedback was offered, and instructional cues were dynamically adjusted to address immediate learning needs (Anderson & Shattuck, 2020). This process helped maintain a learner-centered environment while supporting individual development.

##### 3) Feedback and Documentation

Participants completed self-evaluation forms at the end of each session to reflect on their performance, challenges, and improvements. Trainers concurrently documented behavioral observations, technical errors, and group progress. This dual-layer feedback

system enabled a richer understanding of learner engagement and training efficacy (Wang et al., 2020).

#### 4) Mid-Cycle Adjustments

Based on formative feedback and observational data, the program was continuously refined throughout implementation. Adjustments were made to better support diverse skill levels for instance, by simplifying complex sequences, modifying tempo, or revising instructional explanations. These revisions illustrate DBR's iterative nature, in which real-world application directly informs the evolution of the educational design (McKenney & Reeves, 2020).

### 3.3 Proposed Variation Steps Dance Training Program

Figure 1 shows the Basic front step involves alternating forward steps across the body with light heel taps, in rhythm with the music, while keeping the upper body engaged and arms moving naturally.

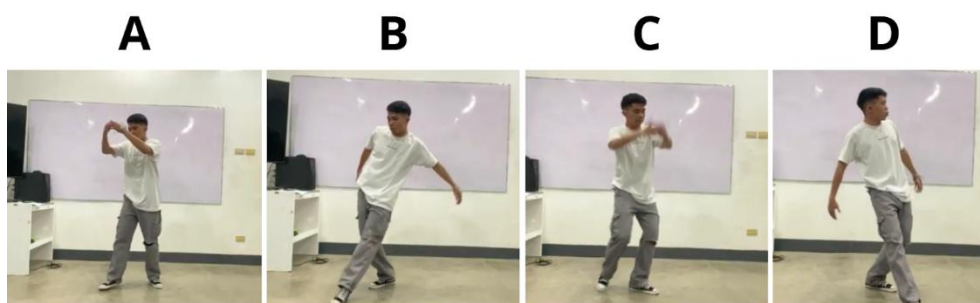


Figure 1: Variation Steps 1 - Basic Front Step

Figure 1 presents the execution of the Basic Front Step as part of the Variation Steps dance training, which builds confidence, timing, and musicality while improving balance and coordination. It strengthens the lower body, particularly the legs and hips, and supports better posture and alignment, reducing the risk of injury. Its versatility allows dancers to personalize the movement with arm swings, shoulder rolls, and head movements, adding style. Practically, it serves as a foundation in routines and freestyles, enhancing overall control and discipline, making it an essential step for any dancer.

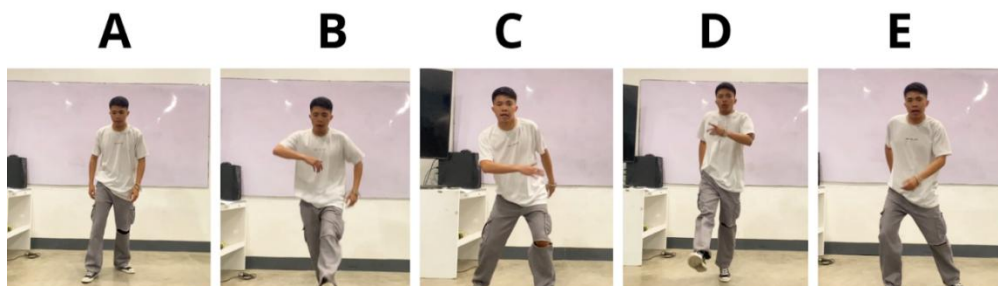


Figure 2: Variation Steps 2 - Basic Sidestep

Figure 2 presents the execution of the Basic Side Step as part of the Variation Steps dance training, which focuses on movements that use space, control their bodies, and express rhythm confidently. It improves spatial awareness and helps develop a dynamic presence. Physically, it strengthens the hips, thighs, and ankles, while enhancing lateral movement, core stability, and posture. This step builds endurance, fluidity, and reaction time, laying the foundation for more complex Variation Steps moves. Its versatility allows

for personalized variations, such as shoulder dips or rhythmic claps, and can be used to build energy or engage the crowd. Overall, the Basic Side Step is a crucial skill for both technical proficiency and personal expression in Variation Steps.

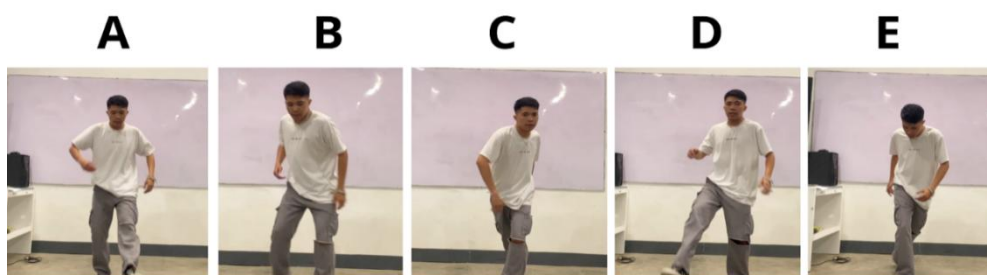


Figure 3: Variation Steps 3 - Back Sidestep

Figure 3 presents the execution of the Back Sidestep as part of the Variation Steps dance training, which focuses on movement that teaches them control their bodies, use space, and express rhythm with confidence. It strengthens the hips, thighs, and ankles, improves lateral movement, and supports core stability and posture. This step enhances fluidity and endurance while laying the foundation for more advanced moves. Its versatility allows for personal flairs, like shoulder dips or torso angles, and can energize performances, engage the crowd, or reset between combos. Consistent practice develops both technical skill and creative expression, making the Basic Sidestep a key element in a dancer's Variation Steps foundation.

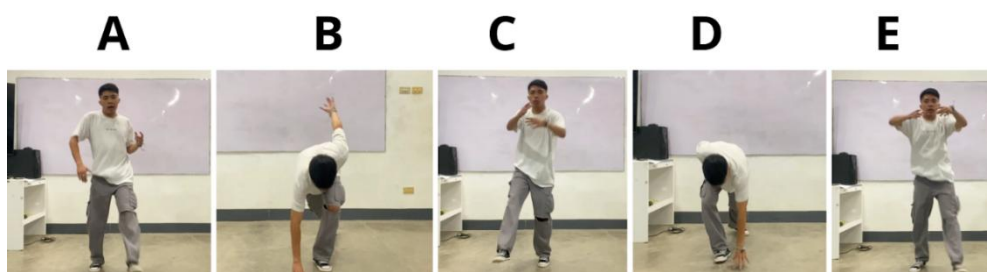


Figure 4: Variation Steps 4 - Low Back Step

Figure 4 presents the challenges of a dancer's balance and coordination while encouraging smooth transitions and directional changes. Arms swing naturally or accent the beat to add expression and flow. Physically, it strengthens the legs, hips, and core, while improving control and posture. Dancers often add their own flair through head movement, shoulder shifts, or rhythmic pauses. The Low Back Step not only builds foundational strength but also enhances stage presence, making it a versatile and essential part of any Variation Steps vocabulary.

Figure 5 presents the step that enhances spatial control, coordination, and visual interest, while offering opportunities for creative arm and torso movements. It's a great way to transition between steps or change facings during performance, making it both functional and stylish in Variation Steps routines.

Figure 6 presents the steps that improve coordination, timing, and lower body control, and it is often used to accent beats or highlight a change in the music. Its bold motion and fast footwork make it a strong addition to freestyle or choreographed Variation Steps sequences.

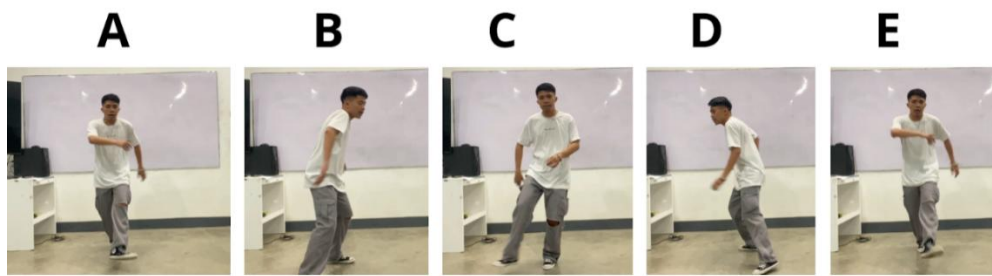


Figure 5: Variation Steps 5 - Side Step 90°

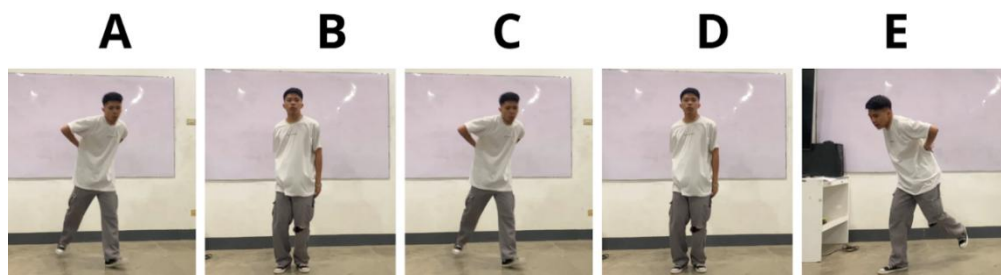


Figure 6: Variation Steps 6 - Front Jump Double Tap

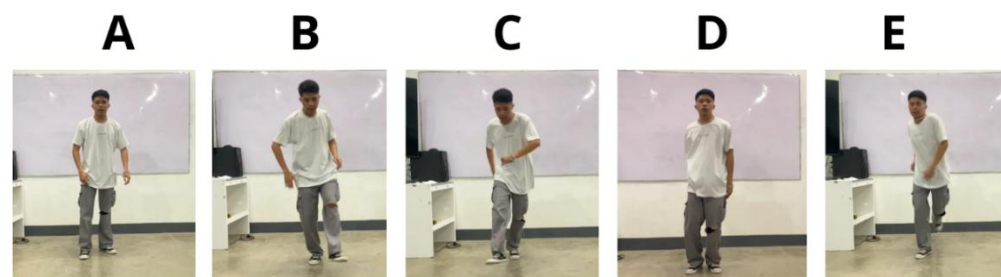


Figure 7: Variation Steps 7 - Kick Step

Figure 7 presents the steps that help dancers improve coordination, timing, and lower-body control while also offering space for creativity. Dancers often add head nods, shoulder movement, or arm swings to enhance the groove and make the step uniquely their own. The Kick Step is simple yet effective, making it a staple in any Variation Steps foundation.

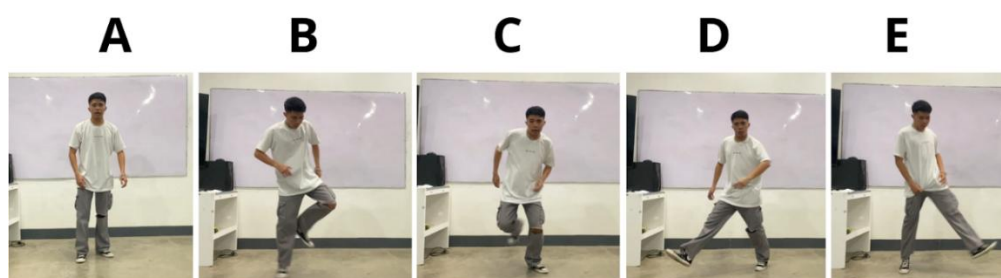


Figure 8: Variation Steps 8 - Side to side kick

Figure 8 presents the steps that improves lateral control, balance, and coordination while giving dancers the chance to fill space with personality and flair. It is often used in freestyle or as a connector between other Variation Steps steps, making it both functional and expressive.

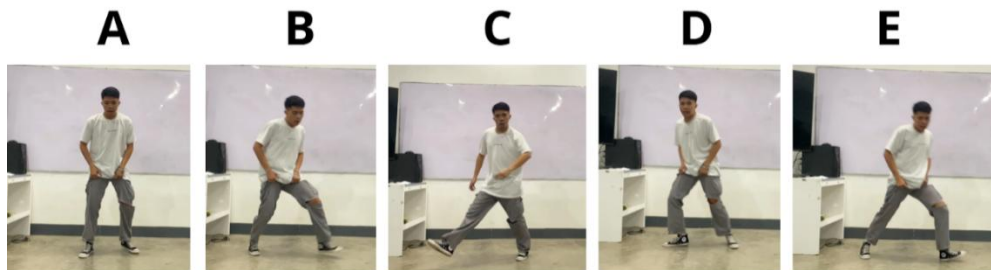


Figure 9: Variation Steps 9 - Aggressive Side to Side kick

Figure 9 presents the steps that challenges balance, core strength, and stamina while giving the dancer a chance to command attention and express musical accents. The Aggressive Side-to-Side Kick is often used in cyphers or high-intensity parts of a routine to make a strong visual and rhythmic statement.



Figure 10: Variation Steps 10 - Side to side kick pull and slide

Figure 10 presents the execution of the Side-to-side kick pull and slide as part of the Variation Steps dance training, which focuses on a movement that combines kicks with smooth transitions, creating a groove-heavy movement full of flow and character. It's often used to travel across the floor with rhythm and attitude. This move strengthens coordination, balance, and timing, while also enhancing a dancer's ability to travel and connect movements smoothly. The pull and slide element give the step a laid-back, controlled feel, perfect for showcasing musicality and personal style in both freestyle and choreography

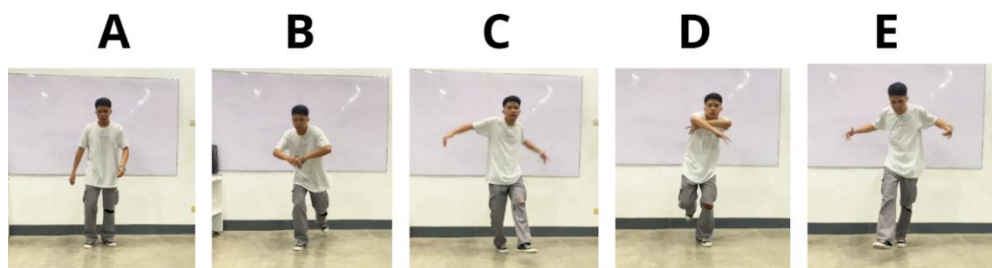


Figure 11: Variation Steps 11 - Front Jump



Figure 11 presents the steps that helps build leg strength, timing, and explosive control, while offering a dramatic way to express musical accents. It is often used as a dynamic break in the flow of footwork or to transition into more powerful steps.

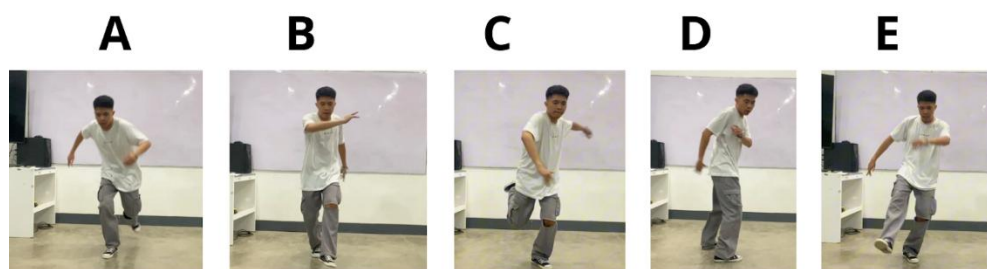


Figure 12: Variation Steps 12 - Indian Step

Figure 12 presents the steps that helps improve balance, coordination, and musicality, offering a way to highlight key moments in the music or provide a break between more complex footwork. It's perfect for adding flair and rhythm while maintaining the flow of your performance.

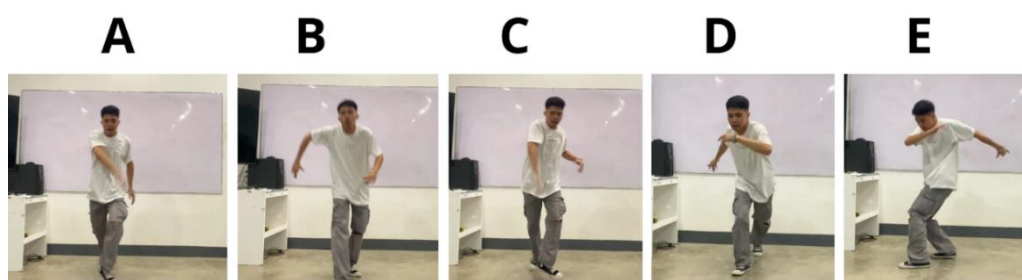


Figure 13: Variation Step 13 - Double Front Step

Figure 13 presents on how to emphasize beats, enhance footwork transitions, or highlight moments in a freestyle. This move helps develop quick footwork, timing, and the ability to hit sharp beats, making it perfect for showcasing speed and control in your routine. It's often used to build energy or add a dramatic punch to your performance.

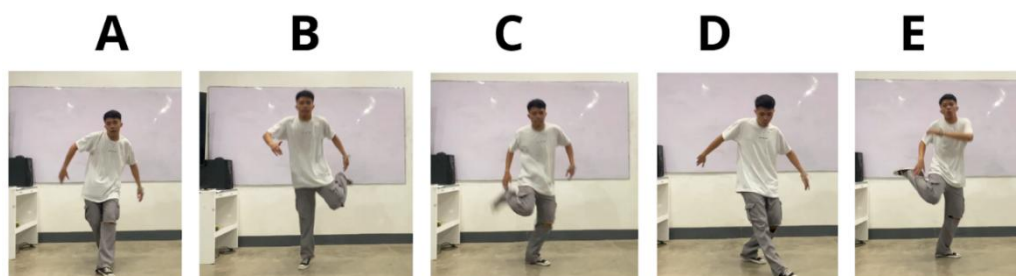


Figure 14: Variation Step 14 - Front Step One Leg Grab

Figure 14 presents the execution of the Front Step One Leg Grab as part of the Variation Steps dance training, which focuses on a movement that adds a stylish, dynamic twist to your Variation Steps routine. It's perfect for drawing attention, emphasizing musical accents, or adding flair to your freestyle. This move helps improve balance, flexibility, and timing, while adding a unique visual element to your performance. It's often used to punctuate moments in the music and bring extra style to your routine.

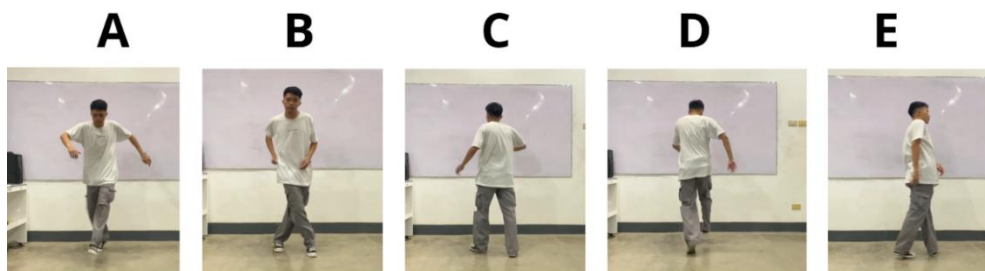


Figure 15: Variation Step 15 - 180° Indian Step

Figure 15 presents the additional movement and transition in a freestyle or Variation Steps routine while still emphasizing the rhythm of the music. This move enhances balance, coordination, and timing, while adding a dramatic rotational element to your footwork. It's perfect for transitions, creating a smooth rotation in the flow of your routine, and giving your performance extra impact.

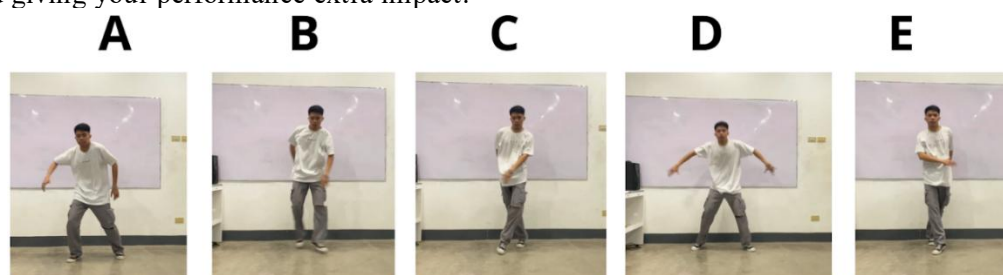


Figure 16: Variation Steps 16 - Criss Cross

Figure 16 presents emphasizing the beat, transitioning between steps, or showcasing quick footwork. This move helps develop foot coordination, timing, and quickness, while adding a sharp, crisp element to your routine. It's often used to break up the flow of basic footwork and add a clean, attention-grabbing detail to your performance.

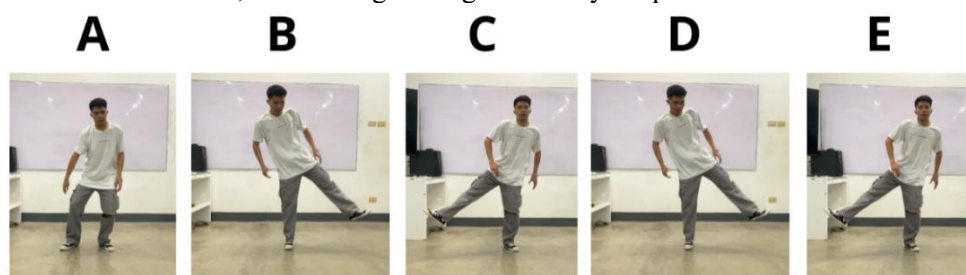


Figure 17: Variation Steps 17 - Chill rock

Figure 17 presents the great way to bring a laid-back vibe to your performance while keeping the rhythm and flow intact. This move helps improve body control, timing, and musicality while adding a relaxed, stylish touch to your routine. It's often used to maintain the groove between more intense steps or to create a chill, funky atmosphere in a freestyle.

Figure 18 presents the great for transitioning between steps or creating a smooth, rhythmic movement while staying grounded. This move helps improve coordination, balance, and timing, while providing a clean and smooth way to transition or add a dynamic feel to your Variation Steps routine. It's often used to maintain energy and keep the flow going between more complex moves.

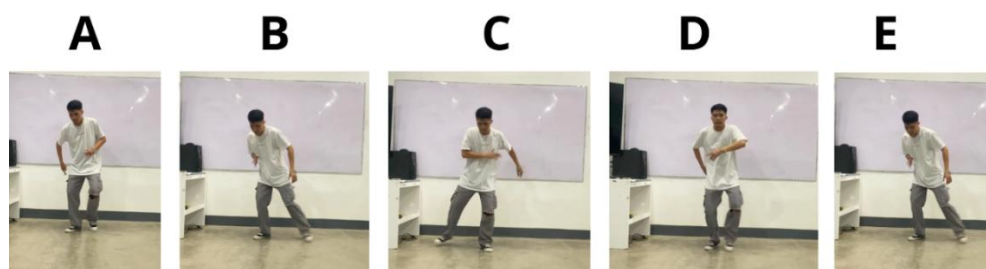


Figure 18: Variation Steps 18 - Side to side switch

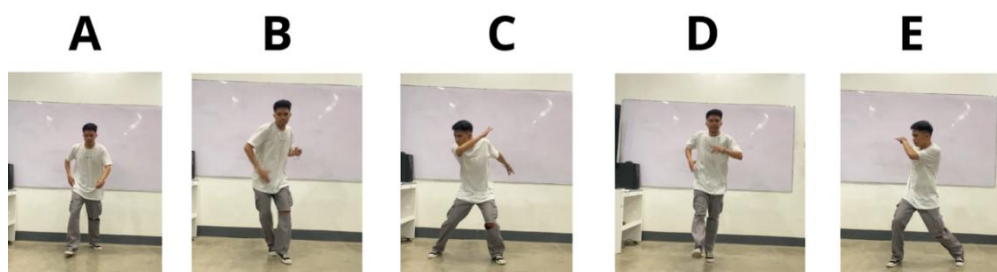


Figure 19: Variation Steps 19 - Dynamic sidestep

Figure 19 presents the great way to build momentum and make your footwork stand out. This move helps with agility, timing, and control, while adding an explosive feel to your performance. It's often used to inject energy into your routine or to emphasize key moments in the music, providing a powerful side-to-side motion that keeps the rhythm flowing.

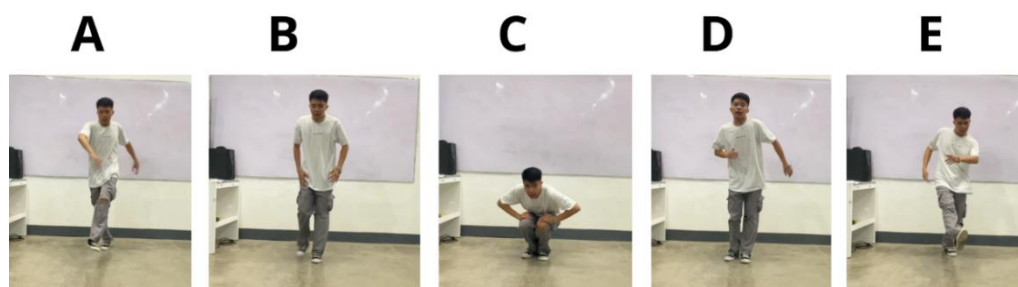


Figure 20: Variation Steps 20 - Front step jump and down

Figure 20 presents the perfect for hitting musical accents or adding explosive movement during a freestyle. This move helps develop explosive power, balance, and control, while adding a dramatic vertical element to your routine. It's often used to punctuate beats or add a sudden burst of energy to your performance.

### 3.4 Dance Training Program

This Dance Training Program as Table 2 centers on Variation Steps, a fundamental aspect of b-boying or breakdancing characterized by a dynamic array of upright steps, creative rhythms, and unique personal styles. Designed to address the holistic development of dancers, the program fosters not only physical conditioning but also artistic sensitivity, mental resilience, and cultural awareness. Structured over the course of a week, the training integrates a variety of components—ranging from foundational technique drills and strength conditioning to musicality, performance readiness, and evaluation. Through a carefully designed timetable, dancers engage in targeted daily routines that gradually



build their proficiency, versatility, and expressive capabilities. The overarching objectives are to cultivate technical skill, enhance artistic expression, and prioritize health and wellness, ensuring participants are well-prepared for future dance competitions or performances. By offering a comprehensive approach that includes structured exercises, improvisation, and collaborative learning, this training program aims to empower dancers to reach their full potential. With the guidance of a dedicated resource person and the commitment of passionate participants, the program also seeks to create a supportive and inclusive learning environment where every dancer can thrive—physically, artistically, and socially.

Table 2 Dance training program

Rationale:	Focuses on the Dance Training Program which addresses the holistic development, physical conditioning, and artistic expression for the future dance competition or performance.
Type of Dance:	Variation Steps is a fundamental element of b-boying or breakdancing. It refers to the upright, standing moves performed at the beginning of a breakdance routine before transitioning to more acrobatic moves on the ground, known as footwork, freezes, and power moves. Variation Steps is characterized by a variety of steps, movements, and rhythms that showcase the dancer's style, musicality, and creativity.
Time Table:	Monday – Assessment and Goal Setting then proceed to Technique Training: Introducing a 5 dance steps Tuesday – Variation Steps Variations Body Composition Wednesday – Rhythm, Timing, and Musicality Thursday - Strength, Stability, and Smooth movements Friday – Evaluation and feedback
Objectives:	<ul style="list-style-type: none"> <li>To develop participants' technical skills and proficiency in various aspects of dance. This includes mastering fundamental techniques such as posture, alignment, footwork, body isolations, turns, jumps, and extensions. Training programs aim to refine these skills through structured exercises, drills, and repetition, enabling dancers to execute movements with precision, control, and grace.</li> <li>To foster participants' artistic development and expression. Dance training programs provide opportunities for dancers to explore and develop their artistic voice, creativity, and individual style. Through improvisation, choreography workshops, and performance opportunities, dancers learn to interpret music, convey emotion, tell stories, and express themselves authentically through movement. Developing artistic sensitivity and versatility is crucial for dancers to connect with audiences and create compelling performances.</li> <li>To prioritize participants' physical conditioning, health, and wellness. Regular training sessions include warm-up exercises, cardiovascular conditioning, strength training, and flexibility work to improve dancers' overall fitness levels, endurance, and resilience. Additionally, programs emphasize injury prevention strategies, proper body mechanics, nutrition, hydration, and rest to support dancers' long-term well-being and longevity in their dance careers.</li> </ul>
Duration of Effective Dance Training:	Warm-Up and Conditioning 5-10 minutes warm-up exercise Main Training 1 hour and 30 minutes for the dance training proper Cool Down 5 minutes cool down exercise
Dance Training Routine:	Warm-up and Conditioning Leg swings 1. Stand with one leg forward and the other leg lifted. 2. Bend one leg slightly from the front to the back of the room. 3. Repeat at least 10 times for each leg. Lunges 1. Stand upright so that the width between feet equals to the width between shoulders. 2. Keep body lower and lower to make the stretch as deep as possible. 3. Place palms on the floor to stay balanced if needed.

Table 2: (Cont')

Dance Training Routine:	<p>Heel raises</p> <ol style="list-style-type: none"> <li>1. Stand upright with feet facing forward.</li> <li>2. Stand on toes, raise heels off the ground, then come back to the first standing position.</li> </ol> <p>Hip swings</p> <ol style="list-style-type: none"> <li>1. Standing upright so that feet are shoulder-width apart. Then, swing hips clockwise and repeat at least 10 times counterclockwise.</li> </ol> <p>Shoulder rolls</p> <ol style="list-style-type: none"> <li>1. Stand upright and your head facing forward.</li> <li>2. Lift shoulders max up, then low to the ground.</li> <li>3. Repeat this process 10 times or more to make shoulders stretch to their fullest.</li> </ol> <p>Breathing exercises</p> <ol style="list-style-type: none"> <li>1. Inhale slowly to allow as much oxygen to go deeply into the lungs as possible.</li> <li>2. Exhale to relax muscles and dilate blood vessels.</li> </ol> <p>Flexibility Exercise for Legs</p> <ol style="list-style-type: none"> <li>1. Sit with one leg extended and reach for your toes, holding for 20-30 seconds.</li> <li>2. Stand and pull one ankle towards your glutes, holding for 20-30 seconds.</li> <li>3. Lunge forward with one leg and lower your hips, holding for 20-30 seconds.</li> </ol> <p>Strengthening Exercise for Legs</p> <ol style="list-style-type: none"> <li>1. Stand with feet shoulder-width apart and bend your knees to lower your body, then return to standing.</li> <li>2. Step forward into a lunge, keeping your knee over your ankle, and push back to the starting position.</li> <li>3. Step onto a bench or platform, driving through your heel to engage your leg muscles, then step back down.</li> </ol> <p>Main Dance Training</p> <p>Day 1: Basic Front Step, Basic Side Step, Back Side Step, Low Back Step, Slide Step 90</p> <p>Day 2: Front Jump Double Tap, Kick Step, Side to side kick, Aggressive Side to Side kick, Side to side kick pull and slide</p> <p>Day 3: Front Jump, Indian Step, Double Front Step, Front Step One Leg Grab, 180° Indian Step</p> <p>Day 4: Criss Cross, Chill rock, Side to side switch, Dynamic side step, Front step jump and down</p> <p>Cool Down</p> <p>Leg swings</p> <ol style="list-style-type: none"> <li>1. Stand with one leg forward and the other leg lifted.</li> <li>2. Bend one leg slightly from the front to the back of the room.</li> <li>3. Repeat at least 10 times for each leg.</li> </ol> <p>Shoulder rolls</p> <ol style="list-style-type: none"> <li>1. Stand upright and your head facing forward.</li> <li>2. Lift shoulders max up, then low to the ground.</li> <li>3. Repeat this process 10 times or more to make shoulders stretch to their fullest.</li> </ol> <p>Breathing exercises</p> <ol style="list-style-type: none"> <li>1. Inhale slowly to allow as much oxygen to go deeply into the lungs as possible.</li> <li>2. Exhale to relax muscles and dilate blood vessels.</li> </ol>
Benefits:	<ul style="list-style-type: none"> <li>• It provides an excellent form of physical exercise, promoting cardiovascular health, strength, flexibility, coordination, and overall fitness. Regular participation in dance classes can help individuals maintain a healthy weight, improve muscle tone, and enhance endurance.</li> <li>• It focuses on developing a wide range of technical skills, including posture, alignment, balance, body awareness, rhythm, timing, and spatial awareness. Participants learn various dance techniques and movements, progressing from basic steps to more advanced choreography.</li> <li>• It allows individuals to convey emotions, stories, and ideas through movement. Dance training programs encourage creativity, imagination, and self-expression, providing a platform for participants to explore their artistic potential and develop their unique style.</li> </ul>

Table 2: (Cont')

Benefits:	<ul style="list-style-type: none"> <li>Helps to mastering a new dance skill and performing in front of others can boost self-confidence and self-esteem. Dance training programs provide opportunities for individuals to overcome challenges, set goals, and achieve success, which can translate into increased confidence in other areas of life.</li> <li>It offers a supportive and inclusive environment where participants can connect with others who share their passion for dance. Through teamwork, cooperation, and collaboration, dancers build friendships, develop social skills, and cultivate a sense of belonging within the dance community.</li> <li>The dance training can be a fun and effective way to relieve stress, reduce anxiety, and improve mental well-being. Dancing releases endorphins, neurotransmitters that promote feelings of happiness and relaxation, helping individuals unwind and recharge after a busy day.</li> <li>Dance training programs expose participants to a diverse range of dance styles, music, and cultural traditions from around the world. By learning about different cultures through dance, individuals gain a greater appreciation for diversity and multiculturalism.</li> <li>Dance is a lifelong pursuit that offers endless opportunities for growth, learning, and self-improvement. Whether individuals are beginners or experienced dancers, there is always something new to discover, whether it's mastering a new dance style, perfecting technique, or exploring creative possibilities.</li> <li>Dance training programs often culminate in performances, recitals, or showcases where participants can showcase their talents and accomplishments. Performing in front of an audience provides valuable experience and fosters a sense of pride and achievement.</li> </ul>
Resource Person:	Clinton Butch B. Estudillo
Person Responsible:	Dancers / Participants

### 3.5 Evaluate the effectiveness of the dance training program

Prior to the implementation of the dance training program, participants were assessed across several key performance criteria—including rhythm and timing, footwork precision, body coordination, stage presence, and execution of variation steps. The pretest results revealed in Table 3.

Table 3: Effectiveness of the dance training program

Performance Criteria	Pretest Mean	Interpretation	Feedback (Expert-Based)
Rhythm and Timing	2.24	Needs Improvement	Demonstrates a developing ability to synchronize movements with the beat and tempo.
Footwork Precision	2.30	Needs Improvement	Shows emerging accuracy in foot placements but lacks consistency.
Body Coordination	2.35	Needs Improvement	Displays partial integration of upper and lower body movements; control needs refinement.
Stage Presence	2.18	Needs Improvement	Exhibits limited confidence and expressiveness; stage engagement is minimal.
Execution of Variation Steps	2.20	Needs Improvement	Performs Variation Steps with basic understanding, but execution lacks clarity and dynamics.
Overall Performance	2.25	Needs Improvement	Overall performance indicates foundational skills but requires enhancement in technique, rhythm, coordination, and stage presence.

The pretest results indicate that participants were at a foundational level in all measured performance criteria. The average scores across all domains fell within the range interpreted as "Needs Improvement." This suggests that prior to the intervention,

participants had limited proficiency in key dance performance elements such as rhythm, footwork, coordination, and stage presence.

Notably, Stage Presence had the lowest mean score (2.18), highlighting a lack of confidence and expressive engagement during performances. Similarly, Execution of Variation Steps and Rhythm and Timing were areas needing considerable attention, indicating participants struggled with technical precision and synchronization with the beat.

The expert-based feedback emphasizes that while foundational skills were present, they were not yet well-developed. These initial observations provided a clear baseline for targeted instructional strategies aimed at improving dance performance skills. The pretest served as a critical diagnostic tool to inform the development of an appropriate and responsive dance-based training program, aligning with specific areas for growth.

#### 4. Conclusion

This study successfully designed, implemented, and evaluated a Variation Steps-focused dance training program for student dancers in Iligan City. Guided by the IPO model and Design-Based Research (DBR), the program addressed key challenges in rhythm coordination, endurance, cultural awareness, and confidence. Through iterative development, the final version of the training effectively enhanced participants' technical execution, artistic expression, physical conditioning, and psychological readiness. Expert and participant feedback confirmed the program's inclusivity, cultural relevance, and instructional soundness. Overall, the study demonstrated that a structured, culturally grounded, and student-centered approach can foster holistic growth in urban dance education.

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