

Kristina Tumakova

Latvian Culture College

LATVIA



Kristina is a lecturer and the Head of the Street Dance specialization at the Latvian Academy of Culture, Latvian Culture College. She specializes in Hip-Hop dance and in the methodology of teaching this style.

Kristina is also an active choreographer and performer, taking part in various dance shows and stage productions.

In her free time, she continues to dance, explore different movement practices, and regularly attends competitions and workshops in a wide range of dance styles to deepen her knowledge and stay connected to the international dance community.

Her teaching is inspired by the values of creativity, self-expression, and the cultural roots of street dance, which she shares passionately with her students.

My Topics for the 26th International Teaching Week:

- 1) Hip-Hop Grooves and Basic Moves.
- 2) Hip-Hop Music and Rhythm – how to express the music through movement.
- 3) Hip-Hop Choreographies
- 4) Hip-Hop Moves and Exercises to Keep the Body Strong and Flexible.