A course designed to acquaint students with the fundamentals and various styles of ballroom dancing. There will be an introduction and overview to smooth, Latin, swing, and variety dances. The basics and variations of dances to be taught may include but are not limited to Fox Trot, Waltz, Cha Cha, Tango, Swing, Polka, Salsa, Country, Two Step, Cajun, and Hustle. The course overview is intended to cover the basic footwork, variations, styling, rhythm, timing, lead-follow, and dance characteristics of the dances taught.
1. Demonstrate the basic patterns of selected ballroom dances through dance participation.
2. Describe and demonstrate different styles and characteristics of ballroom dances.
3. Recognize and evaluate the role of social dancing in American culture.

COURSE OBJECTIVES:
1. Identify and apply basic patterns of selected dances through dance participation at an introductory level.
2. Demonstrate the basic patterns of a partnership through lead and follow at an introductory level.
3. Select and describe a favorite ballroom dance of those taught at an introductory level.
4. Recognize and identify the concepts of line-of-dance travel and spot dancing as a particular dance requires at an introductory level.
5. Illustrate different ballroom dance styles and characteristics at an introductory level.
6. Differentiate and provide examples of music, rhythm and timing for a variety of dances at an introductory level.
7. Employ endurance and physical coordination through dance practice at an introductory level.
8. Demonstrate psychological and social confidence combined with the performance of ballroom dance in a social setting at an introductory level.
9. Recognize and evaluate the role of social dancing in American culture at an introductory level.

COURSE CONTENT:

LECTURE CONTENT:
A.A minimum of seven dances will be introduced over the semester to include:
  1. Basics of the dances
  2. One or more variations per dance
  3. Characteristic style of the various dances taught
  4. Dance characteristics as related to traveling or spot dancing
  5. Warm-up with dance rhythms related to the dances taught, as applicable
  6. Variety/specialty social dances that may be partner, solo, or group

B. Techniques of dancing will include explanation of:
  1. Body posture
  2. Weight distribution and balance
  3. Foot positions
  4. Partner connection, and lead/follow
  5. Body movement/flight
  6. Spins, pivots, and turns

C. Music introduction/identification for the dances will be explained and may include:
  1. Relating music to the specific dance
  2. Tempos for the specific dance rhythms
  3. Tempo/beats per measure (bpm) for the specific dance
  4. Music phrasing

D. Styling will include explanation, as appropriate, of the following:
  1. Body styling
  2. Foot styling
  3. Syncopated/double time movement
  4. Half-time movement

LABORATORY CONTENT:
Students will actively participate in the content as listed in Course Content/Lecture Content.
METHODS OF INSTRUCTION:

A. Lecture:
B. Lab:
C. Video One Way – Audio Two Way:
D. Independent Study:

INSTRUCTIONAL TECHNIQUES:

COURSE ASSIGNMENTS:

Out-of-class Assignments

1. Attend live dance concerts and productions, show evidence of attendance and submit written critique for the purpose of evaluation.
2. Extra credit viewing of dance videos, films and live performance with written critique for the purpose of evaluation.

Writing Assignments

1. Students will identify dances appropriate to specific musical examples at an introductory level.
2. Students will demonstrate dance steps, patterns, and counts at an introductory level.

Reading Assignments

1. Required Reading such as:

   Handouts prepared by instructor.

METHODS OF STUDENT EVALUATION:

Short Quizzes
Problem Solving Exercises
Skills Demonstration

Demonstration of Critical Thinking:

While dancing, students will demonstrate introductory-level knowledge of:

1. Dance steps and direction of each dance
2. Dance appropriate for specific music
3. General styling movement of each dance

Required Writing, Problem Solving, Skills Demonstration:

1. Students will identify dances appropriate to specific musical examples at an introductory level.
2. Students will demonstrate dance steps, patterns, and counts at an introductory level.

TEXTS, READINGS, AND RESOURCES:

Other:
1. Subject matter handouts from instructor

LIBRARY:

Adequate library resources include:

 Comments:

Attachments:

Attached Files