

# DANC 4A: BEGINNING BALLROOM & SOCIAL DANCE

## Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2025
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Social & Cultural Dance family of activity courses; not open to students with credit in DANC 4.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area 7: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

## Student Learning Outcomes

- A successful student will be able to analyze the historical and cultural development of partnership dancing.
- A successful student will be able to perform the basic beginning patterns of Swing, Cha-Cha, Waltz, Fox Trot, Rhumba, and Tango.

## Description

Introduction to beginning ballroom and social dance techniques. Instruction and practice in beginning swing, cha-cha, waltz, fox trot, rhumba, and tango dances.

## Course Objectives

The student will be able to:

1. Perform the basic beginning patterns of swing, cha-cha, waltz, fox trot, rhumba, and tango
2. Analyze the historical and cultural development of partnership dancing
3. Identify basic music genres appropriate for the specific dances
4. Explain the traditional etiquette and conduct for ballroom and social dance
5. Apply their acquired beginning dance knowledge and skills in a social or ballroom dance setting
6. Identify proper body alignment and awareness
7. Recognize ballroom and social dancing as a fitness activity

## Course Content

1. Beginning fundamental techniques
  - a. Patterns
  - b. Timing
  - c. Partnership
  - d. Continuity

- e. Styling
  - f. Music theory
2. Historical analysis of partnership dancing
    - a. Sources and influences of historical periods on dance styles
    - b. Transition from large group to partnership format
    - c. Present day social, competitive, and demonstration dancing
  3. Musical reference
    - a. Style
    - b. Time signature
    - c. Tempo
    - d. Rhythm
    - e. Character
  4. Kinesthetics
    - a. Postural
    - b. Body flight
    - c. Head position
    - d. Alignment
    - e. Coordination
  5. Social etiquette
    - a. Rules of conduct
    - b. Dance etiquette
    - c. Floor craft

## Lab Content

1. Basic beginning level patterns in:
  - a. Swing
  - b. Cha-cha
  - c. Waltz
  - d. Fox trot
  - e. Rhumba
  - f. Tango

## Special Facilities and/or Equipment

1. Comfortable exercise clothing and proper dance shoes.
2. When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.

## Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Instructor evaluation of performance skills  
 Demonstration and explanation of selected dances  
 Practical examination of terminology and concepts of dance movement skills  
 Regular participation

## Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Discussion  
 Cooperative learning exercises  
 Laboratory  
 Demonstration

## **Representative Text(s) and Other Materials**

Stephenson, Richard M., and Joseph Iaccarino. The Complete Book of Ballroom Dancing. 2001.

Although this text is older than the suggested "5 years or newer" standard, it remains a seminal text in this area of study.

## **Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments**

1. Read assigned chapters in text
2. Write an essay or paper describing select dances
3. Write an essay or paper defining vocabulary of select beginning dance patterns
4. Write critique of a ballroom dance competition

## **Discipline(s)**

Dance