

# DANC 4B: INTERMEDIATE BALLROOM & SOCIAL DANCE

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Advisory:</b>	This course is included in the Social & Cultural Dance family of activity courses.
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area VII: Lifelong Learning
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

## Student Learning Outcomes

- A successful student will be able to identify basic music genres appropriate for the specific dances.
- A successful student will be able to perform the basic intermediate patterns of Swing, Cha-Cha, Waltz, Fox Trot, Rhumba, and Tango.

## Description

Introduction to intermediate ballroom and social dance techniques. Instruction and practice in intermediate Swing, Cha-Cha, Waltz, Fox Trot, Rhumba and Tango dances.

## Course Objectives

The student will be able to:

- Perform the basic intermediate patterns of Swing, Cha-Cha, Waltz, Fox Trot, Rhumba, and Tango
- Analyze the historical and cultural development of partnership dancing
- Identify basic music genres appropriate for the specific dances
- Explain the traditional etiquette and conduct for ballroom and social dance
- Apply his/her acquired intermediate dance knowledge and skills in a social or ballroom dance setting
- Identify proper body alignment and awareness
- Recognize ballroom and social dancing as a fitness activity

## Course Content

- Intermediate fundamental techniques
  - Patterns
  - Timing
  - Partnership
  - Continuity
  - Styling
  - Music theory
- Historical analysis of partnership dancing
  - Sources and influences of historical periods on dance styles
  - Transition from large group to partnership format
  - Present day social, competitive, and demonstration dancing
- Musical reference

- Style
- Time signature
- Tempo
- Rhythm
- Character
- Kinesthetics
  - Postural
  - Body flight
  - Head position
  - Alignment
  - Coordination
- Social etiquette
  - Rules of conduct
  - Dance etiquette
  - Floor craft

## Lab Content

- Basic intermediate level patterns in:
  - Swing
  - Cha-Cha
  - Waltz
  - Fox Trot
  - Rhumba
  - Tango

## Special Facilities and/or Equipment

Comfortable exercise clothing and proper dance shoes.

## Method(s) of Evaluation

- 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

- Discussion
- Cooperative learning exercises
- Laboratory
- Demonstration

## Representative Text(s) and Other Materials

Stephenson, Richard M., and Joseph Iaccarino. [The Complete Book of Ballroom Dancing](#). New York, NY: Random House, Inc., 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

- Read assigned chapters in text
- Write an essay or paper describing select dances
- Write an essay or paper defining vocabulary of select intermediate dance patterns

D. Write critique of a ballroom dance competition

**Discipline(s)**

Dance