

DANC 4C: ADVANCED BALLROOM & SOCIAL DANCE

Foothill College Course Outline of Record

Heading	Value
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.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: 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 explain the traditional etiquette and conduct for ballroom and social dance.
- A successful student will be able to perform the basic advanced patterns of Swing, Cha-Cha, Waltz, Fox Trot, Rhumba, and Tango.

Description

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

Course Objectives

The student will be able to:

- Perform the basic advanced 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 advanced 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

- Advanced 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 advanced 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 advanced dance patterns

D. Write critique of a ballroom dance competition

Discipline(s)

Dance