

# DANCE (DANC)

Foothill offers dance activity courses in four different family categories. No single course may be repeated. Enrollment is limited to six courses per family within the Foothill-De Anza Community College District. Please refer to the De Anza College Catalog for the corresponding families and courses.

**Ballet & Conditioning Family:** DANC 1A, DANC 1B, DANC 1C & DANC 14

**Dance Performance Family:** DANC 7, DANC 11A, DANC 11B, DANC 11C, DANC 12A, DANC 12B & DANC 12C

**Social & Cultural Dance Family:** DANC 4A, DANC 4B, DANC 4C, DANC 6, DANC 18A & DANC 18B

**Dance Technique Family:** DANC 2A, DANC 2B, DANC 3A, DANC 3B, DANC 13A & DANC 13B

## DANC 1A • BEGINNING BALLET

**Units:** 1  
**Hours:** 3 laboratory per week (36 total per quarter)  
**Advisory:** This course is included in the Ballet & Conditioning family of activity courses.

**Degree and Credit** Degree-Applicable Credit Course

**Status:**

**Foothill GE:** Area VII: Lifelong Learning

**Transferable:** CSU/UC

**Grade Type:** Letter Grade (Request for Pass/No Pass)

**Repeatability:** Not Repeatable

Introduction to the elementary fundamentals of classical ballet technique and training. Includes the basic vocabulary and practice of beginning barre and center floor exercises.

## DANC 1B • INTERMEDIATE BALLET

**Units:** 1  
**Hours:** 3 laboratory per week (36 total per quarter)  
**Advisory:** This course is included in the Ballet & Conditioning family of activity courses.

**Degree and Credit** Degree-Applicable Credit Course

**Status:**

**Foothill GE:** Area VII: Lifelong Learning

**Transferable:** CSU/UC

**Grade Type:** Letter Grade (Request for Pass/No Pass)

**Repeatability:** Not Repeatable

Continuation into the intermediate fundamentals of ballet technique and training. Includes the intermediate vocabulary and practice of barre and center floor exercises.

## DANC 1C • ADVANCED BALLET

**Units:** 1  
**Hours:** 3 laboratory per week (36 total per quarter)  
**Advisory:** This course is included in the Ballet & Conditioning family of activity courses.

**Degree and Credit** Degree-Applicable Credit Course

**Status:**

**Foothill GE:** Area VII: Lifelong Learning

**Transferable:** CSU/UC

**Grade Type:** Letter Grade (Request for Pass/No Pass)

**Repeatability:** Not Repeatable

Continuation into the advanced fundamentals of ballet technique and training. Includes the advanced vocabulary and practice of barre and center floor exercises.

## DANC 2A • BEGINNING MODERN DANCE

**Units:** 1  
**Hours:** 3 laboratory per week (36 total per quarter)  
**Advisory:** This course is included in the Dance Technique family of activity courses; not open to students with credit in DANC 2.

**Degree and Credit** Degree-Applicable Credit Course

**Status:**

**Foothill GE:** Area VII: Lifelong Learning

**Transferable:** CSU/UC

**Grade Type:** Letter Grade (Request for Pass/No Pass)

**Repeatability:** Not Repeatable

Introduction to the elementary fundamentals of modern dance technique and training. Course includes the basic vocabulary and practice of beginning modern center barre and floor exercises.

## DANC 2B • INTERMEDIATE MODERN DANCE

**Units:** 1  
**Hours:** 3 laboratory per week (36 total per quarter)  
**Prerequisite:** DANC 2A.  
**Advisory:** This course is included in the Dance Technique family of activity courses.

**Degree and Credit** Degree-Applicable Credit Course

**Status:**

**Foothill GE:** Area VII: Lifelong Learning

**Transferable:** CSU/UC

**Grade Type:** Letter Grade (Request for Pass/No Pass)

**Repeatability:** Not Repeatable

Continuation into the intermediate fundamentals of modern technique and training. Includes the intermediate vocabulary and practice of center floor and across the floor exercises.

**DANC 3A • BEGINNING JAZZ DANCE**

<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Advisory:</b>	This course is included in the Dance Technique family of activity courses.
<b>Degree and 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

Introduction to the fundamental technique of jazz dance. Emphasis is placed on class participation so that students may develop their knowledge and understanding of the basic principles of jazz dancing, including warm-up, stretch, isolations and choreography.

**DANC 3B • INTERMEDIATE JAZZ DANCE**

<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Prerequisite:</b>	DANC 3A.
<b>Advisory:</b>	This course is included in the Dance Technique family of activity courses.
<b>Degree and 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

Opportunity to practice and develop intermediate jazz techniques. Emphasis on techniques presented, as well as information on historical and stylistic perspectives of this dance form.

**DANC 4A • BEGINNING BALLROOM & SOCIAL DANCE**

<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; not open to students with credit in DANC 4.
<b>Degree and 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

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

**DANC 4B • INTERMEDIATE BALLROOM & SOCIAL DANCE**

<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 and 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

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

**DANC 4C • ADVANCED BALLROOM & SOCIAL DANCE**

<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 and 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

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

**DANC 6 • BEGINNING COUNTRY-WESTERN LINE DANCING**

<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 and 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

Introduction to the fundamental skills for Country and Western Line Dancing. Students will participate in a variety of dance steps designed to develop the coordination, skill, choreography and timing necessary for social line dancing.

## DANC 7 • CHOREOGRAPHY

<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Advisory:</b>	This course is included in the Dance Performance family of activity courses.
<b>Degree and 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

Introduction to the exploration of the basic principles and theories of choreography and composition and the tools for defining the creative process.

## DANC 10 • TOPICS IN DANCE HISTORY

<b>Units:</b>	5
<b>Hours:</b>	5 lecture per week (60 total per quarter)
<b>Advisory:</b>	Not open to students with credit in H P 70.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area I: Humanities
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

A comprehensive study of the evolution of theatrical dance in the western world from the 16th century through the present day. Includes the eras of French court ballet, ballet d'action, romantic and classical ballet, modern, post-modern and contemporary dance styles. Examines topics in dance as an art form, including origin and history of major styles, traditions, trends; outstanding artists and works; practice in observing and understanding dance in a historical and cultural context. Analysis of dance as an expression of social order, power, classical art, a medium of cultural fusion, and as an expression of individual artists.

## DANC 11A • REPERTORY DANCE I

<b>Units:</b>	4
<b>Hours:</b>	2 lecture, 6 laboratory per week (96 total per quarter)
<b>Advisory:</b>	This course is included in the Dance Performance family of activity courses; not open to students with credit in DANC 11.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

Introduction to the basic concepts of dance performance. Includes beginning experience with the rehearsal process, learning dance works and preparation for a performance. Students will be given the opportunity to perform for a live audience and to collaborate with and perform for area colleges and universities, civic, local, or charity organizations.

## DANC 11B • CHOREOGRAPHY FOR PERFORMANCE I

<b>Units:</b>	4
<b>Hours:</b>	2 lecture, 6 laboratory per week (96 total per quarter)
<b>Advisory:</b>	This course is included in the Dance Performance family of activity courses.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

Introduction to the basic concepts of choreography and dance composition. Students will be given the opportunity to create original beginning dance works for individuals and groups to be performed in front of a live audience. Includes beginning dance technique and practice of basic choreographic skills.

## DANC 11C • DANCE PRODUCTION I

<b>Units:</b>	4
<b>Hours:</b>	2 lecture, 6 laboratory per week (96 total per quarter)
<b>Advisory:</b>	This course is included in the Dance Performance family of activity courses.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

Introduction to the fundamentals of dance production and performance. Includes instruction on how to produce and mount a full-scale theatrical production for public performance, makeup techniques, lighting design and stagecraft. Students will also have the opportunity to perform, choreograph and stagecrew at the beginning dance production skill level.

## DANC 12A • REPERTORY DANCE II

<b>Units:</b>	4
<b>Hours:</b>	2 lecture, 6 laboratory per week (96 total per quarter)
<b>Prerequisite:</b>	DANC 11A.
<b>Advisory:</b>	This course is included in the Dance Performance family of activity courses.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

Continuation into the intermediate-level concepts of dance performance. Includes intermediate experience with the rehearsal process, learning dance works and preparation for a performance. Students will be given the opportunity to perform for a live audience and to collaborate with and perform for area colleges and universities, civic, local, or charity organizations.

## **DANC 12B • CHOREOGRAPHY FOR PERFORMANCE II**

<b>Units:</b>	4
<b>Hours:</b>	2 lecture, 6 laboratory per week (96 total per quarter)
<b>Prerequisite:</b>	DANC 11B.
<b>Advisory:</b>	This course is included in the Dance Performance family of activity courses.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

Continuation into the intermediate-level concepts of choreography and dance composition. Students will be given the opportunity to create intermediate original dance works for individuals and groups to be performed in front of a live audience. Includes intermediate dance technique and practice of complex choreography.

## **DANC 12C • DANCE PRODUCTION II**

<b>Units:</b>	4
<b>Hours:</b>	2 lecture, 6 laboratory per week (96 total per quarter)
<b>Prerequisite:</b>	DANC 11C.
<b>Advisory:</b>	This course is included in the Dance Performance family of activity courses.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

Continuation into the intermediate level of dance production and performance. Includes instruction on how to produce and mount a full-scale theatrical production for public performance, makeup techniques, lighting design and stagecraft. Students will also have the opportunity to perform, choreograph and stagecrew at the intermediate dance production skill level.

## **DANC 13A • INTRODUCTION TO CONTEMPORARY DANCE**

<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Advisory:</b>	This course is included in the Dance Technique family of activity courses.
<b>Degree and 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

Introduction to the fundamental techniques of contemporary dance. Emphasis is placed on development of the knowledge and understanding the principles of contemporary dance, including basic movement theory, technique and repertoire from global artists.

## **DANC 13B • INTERMEDIATE CONTEMPORARY DANCE**

<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Prerequisite:</b>	DANC 13A.
<b>Advisory:</b>	This course is included in the Dance Technique family of activity courses.
<b>Degree and 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

Continuation into the intermediate contemporary dance technique and training. Includes the intermediate vocabulary and practice of barre, center floor exercises and across the floor combinations.

## **DANC 14 • DANCE CONDITIONING**

<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Advisory:</b>	This course is included in the Ballet & Conditioning family of activity courses.
<b>Degree and 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

Introduction to the principles of dance and conditioning through floor work derived from various dance disciplines, including ballet, jazz, contemporary and other psycho-physical disciplines. Topics may include body mechanics, muscle groups critical to dance, flexibility, alignment, self-assessment, dance injury prevention, and strengthening the mind-body-spirit connection.

## DANC 18A • INTRODUCTION TO HIP-HOP DANCE

<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 and 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

An introduction to the technique of Hip Hop dance with an integrated fitness approach that focuses on developing the stabilization muscles of the center of the body. Concentration will be on isolations of the muscles of the torso, back, hips, inner and outer thighs, chest and abdominals in conjunction with breathing, postural alignment and body awareness.

## DANC 18B • INTERMEDIATE HIP-HOP DANCE

<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Prerequisite:</b>	DANC 18A.
<b>Advisory:</b>	This course is included in the Social & Cultural Dance family of activity courses.
<b>Degree and 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

Continuation into the intermediate fundamentals of Hip Hop technique and training. Includes the intermediate vocabulary and practice of isolations and across the floor exercises.

## DANC 70R • INDEPENDENT STUDY IN DANCE

<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	CSU
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

Provides an opportunity for the student to expand their studies in Dance beyond the classroom by completing a project or an assignment arranged by agreement between the student and instructor. The student is required to contract with the instructor to determine the scope of assignment and the unit value assigned for successful completion. Students may take a maximum of 6 units of Independent Study per department.

## DANC 71R • INDEPENDENT STUDY IN DANCE

<b>Units:</b>	2
<b>Hours:</b>	6 laboratory per week (72 total per quarter)
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	CSU
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

Provides an opportunity for the student to expand their studies in Dance beyond the classroom by completing a project or an assignment arranged by agreement between the student and instructor. The student is required to contract with the instructor to determine the scope of assignment and the unit value assigned for successful completion. Students may take a maximum of 6 units of Independent Study per department.

## DANC 72R • INDEPENDENT STUDY IN DANCE

<b>Units:</b>	3
<b>Hours:</b>	9 laboratory per week (108 total per quarter)
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	CSU
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

Provides an opportunity for the student to expand their studies in Dance beyond the classroom by completing a project or an assignment arranged by agreement between the student and instructor. The student is required to contract with the instructor to determine the scope of assignment and the unit value assigned for successful completion. Students may take a maximum of 6 units of Independent Study per department.

## DANC 73R • INDEPENDENT STUDY IN DANCE

<b>Units:</b>	4
<b>Hours:</b>	12 laboratory per week (144 total per quarter)
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	CSU
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

Provides an opportunity for the student to expand their studies in Dance beyond the classroom by completing a project or an assignment arranged by agreement between the student and instructor. The student is required to contract with the instructor to determine the scope of assignment and the unit value assigned for successful completion. Students may take a maximum of 6 units of Independent Study per department.