

## DANCE

### Visual, Applied, and Performing Arts Division

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### Dance A.A. Degree

The Dance Program offers beginning and intermediate movement courses with a focus on dance as a Performing Art, and Dance Studies, emphasizing dance as an academic discipline that values the movement philosophies of many cultures. In addition to studying movement techniques, students learn about dance's social functions in other areas, including education, health, cultural studies, art, history, and the science of human movement. In addition to studying movement techniques, students learn about dance's social functions in other areas, including education, health, cultural studies, art, history, and the science of human movement. Dance at Cabrillo is dedicated to fostering development of the "whole" dancer, nurturing the mind, body, and spirit together. Bachelor's and graduate degrees in dance and related fields provide multiple career opportunities in the public and private sectors. Many four-year colleges and universities offer emphases in areas such as dance performance, modern dance, ballet, choreography, musical theater, dance education, dance therapy, somatics, dance ethnology, dance history, and criticism. Specialties are also offered in arts administration, physical therapy for dancers, dance for children, seniors, and special education. The full course of study includes pre-professional training in dance techniques, performance, choreography, dances of the world, and somatic education.

Dance activity courses may be used to meet general education Area E, Lifelong Understanding and Self-Development for Cabrillo's non-transferable Associate degrees, when combined with other non-activity Area E units from the CG or ECE departments.

### Learning Outcomes

The Cabrillo College Core Competencies (with an emphasis in the study of Dance):

1. Communication: Reading, Writing, Listening, Speaking, and/or Conversing
2. Critical Thinking and Information Competency: Analysis, Computation, Research, Problem Solving
3. Global Awareness: An appreciation of Scientific Processes, Global Systems and Civics, and Artistic Variety.
4. Personal Responsibility and Professional Development: Self-Management and Self-Awareness, Social and Physical Wellness, Workplace Skills

### Model Program for Dance

An Associate Degree requires 60 units appropriate to your educational goal, to include general education and at least 18 units in a major. Courses should be selected to meet the lower-division major preparation requirements at your intended transfer university - these specific course requirements can be found at [www.assist.org](http://www.assist.org) for 4-year public institutions in California. Please see a counselor for advisement to ensure you are taking the best possible courses given your goal.

The department presents the following suggested model program for this major. The courses listed below may or may not be appropriate depending on your goal. Please see a counselor for advisement for transfer to any 4-year institution.

<b>A.A. General Education</b>		<b>30 Units</b>
<b>Dance Appreciation (3 Units)</b>		<b>Units</b>
DANCE 1	Dance Appreciation.....	3
<b>Dance Techniques (9 Units)</b>		<b>Units</b>
DANCE 2A	Introduction to Dance I.....	0.5 - 3
DANCE 2B	Introduction to Dance II.....	0.5 - 3
DANCE 3AP	Dance Conditioning/Pilates.....	0.5 - 3
DANCE 3BP	Dance Conditioning/Pilates II.....	0.5 - 3
DANCE 3CP	Dance Conditioning/Pilates III.....	0.5 - 3
DANCE 4	Contemporary Modern Dance I.....	0.5 - 3
DANCE 5	Contemporary Modern Dance II.....	0.5 - 3
DANCE 7	Ballet I.....	0.5 - 3
DANCE 8	Ballet II.....	0.5 - 3
DANCE 9A	Jazz Dance I.....	0.5 - 3
DANCE 9B	Jazz Dance II.....	0.5 - 3
DANCE 68	Advanced Dance Technique and Performance Skills.....	0.5 - 3
<b>Dance Making (2.5 Units)</b>		<b>Units</b>
DANCE 11A	Dance Improvisation I.....	0.5 - 3
DANCE 11B	Dance Improvisation II.....	0.5 - 3
DANCE 12A	Choreography I.....	0.5 - 3
DANCE 12B	Choreography II.....	0.5 - 3
<b>Performance (3 Units)</b>		<b>Units</b>
DANCE 13	Dance Repertory.....	0.5 - 4
DANCE 14A	Dance Production.....	0.5 - 4
<b>Program Electives (2.5 Units)</b>		<b>Units</b>
DANCE 15A	Salsa Dance I.....	0.5 - 3
DANCE 15B	Salsa Dance II.....	0.5 - 3
DANCE 15C	Salsa Dance III.....	0.5 - 3
DANCE 16A	Baile Folklorico: Regional Dances of Mexico I.....	0.5 - 3
DANCE 16B	Baile Folklorico: Regional Dances of Mexico II.....	0.5 - 3
DANCE 17A	Latin Dance I.....	0.5 - 3
DANCE 17B	Latin Dance II.....	0.5 - 3
DANCE 17C	Latin Dance III.....	0.5 - 3
DANCE 17D	Latin Dance IV.....	0.5 - 3
DANCE 19A	Hip Hop Dance I.....	0.5 - 3
DANCE 19B	Hip Hop Dance II.....	0.5 - 3
DANCE 19C	Hip Hop Dance III.....	0.5 - 3
DANCE 19D	Hip Hop Dance IV.....	0.5 - 3
DANCE 82A	Body Mind Techniques: Applied Somatics I.....	0.5 - 3
DANCE 82B	Body Mind Techniques: Applied Somatics II.....	0.5 - 3
DANCE 86	Ballroom Dance.....	0.5 - 1
<b>Other Electives (10 Units)</b>		<b>Units</b>
BIO 4 or BIO 13A	Human Anatomy.....	4
MUS 10 or MUS 11A	Biology of People-Anatomy and Physiology.....	3
TA 10A	Music Appreciation.....	3
	Jazz Appreciation.....	3
	Basic Acting Techniques.....	3

or TA 31	Introduction to Design in the Theatre.....	3
Or any course numbered 1-99 .....		0 - 10
<b>Total Units</b>		<b>60</b>

### Choreographic Studies Skills Certificate

#### Learning Outcome:

1. Communication: Conversing and/or Speaking, Listening, Reading, Writing.

<b>Dance Appreciation (3 Units)</b>		<b>Units</b>
DANCE 1	Dance Appreciation .....	3
<b>Dance Making (5.5 Units)</b>		<b>Units</b>
DANCE 11A	Dance Improvisation I.....	0.5 - 3
DANCE 11B	Dance Improvisation II.....	0.5 - 3
DANCE 12A	Choreography I.....	0.5 - 3
DANCE 12B	Choreography II.....	0.5 - 3
<b>Performance (6 Units)</b>		<b>Units</b>
DANCE 13	Dance Repertory .....	0.5 - 4
DANCE 14A	Dance Production.....	0.5 - 4
<b>Accessing Creativity (1.5 Units)</b>		<b>Units</b>
DANCE 82A	Body Mind Techniques: Applied Somatics I .....	0.5 - 3
<b>Total Units</b>		<b>16</b>

### Creative Careers - Discovering Self-Directed Pathways Skills Certificate

#### Learning Outcome

Research and analyze ways to create impact and develop a livelihood in all visual, applied, and performing arts disciplines by identifying your WHY and focusing on unique, self-directed, non-traditional, and entrepreneurial pathways.

#### Required

AH 79	Creative Careers - Discovering Self Directed Pathways .....	3
or AP 79	Creative Careers - Discovering Self Directed Pathways .....	3
or ART 79	Creative Careers - Discovering Self Directed Pathways .....	3
or DANCE 79	Creative Careers - Discovering Self Directed Pathways .....	3
or DM 79	Creative Careers - Discovering Self Directed Pathways .....	3
or MUS 79	Creative Careers - Discovering Self Directed Pathways .....	3
or TA 79	Creative Careers - Discovering Self Directed Pathways .....	3
and BUS 88	*Starting and Operating a New Small Business ..	3
*Special VAPA only cohort offering, typically offered every spring term Any AH/AP/ART/DANCE/DM/MUS/TA course 1-99.....		1-4
<b>Total Units</b>		<b>7-10</b>

### Social and Urban Dance Skills Certificate

#### Learning Outcome:

1. Global Awareness: An appreciation of Artistic Variety, Global Systems, Civics, and Scientific Process.

<b>Dance Appreciation (3 Units)</b>		<b>Units</b>
DANCE 1	Dance Appreciation.....	3
<b>Dance Making (2 Units)</b>		<b>Units</b>
DANCE 11A	Dance Improvisation I.....	0.5 - 3
DANCE 11B	Dance Improvisation II.....	0.5 - 3
DANCE 12A	Choreography I.....	0.5 - 3
DANCE 12B	Choreography II.....	0.5 - 3
<b>Performance (4 Units)</b>		<b>Units</b>
DANCE 13	Dance Repertory .....	0.5 - 4
DANCE 14A	Dance Production.....	0.5 - 4
<b>Techniques and Styles (8 Units)</b>		<b>Units</b>
DANCE 15A	Salsa Dance I.....	0.5 - 3
DANCE 15B	Salsa Dance II.....	0.5 - 3
DANCE 16A	Baile Folklórico: Regional Dances of Mexico I .....	0.5 - 3
DANCE 16B	Baile Folklórico: Regional Dances of Mexico II .....	0.5 - 3
DANCE 17A	Latin Dance I .....	0.5 - 3
DANCE 17B	Latin Dance II .....	0.5 - 3
DANCE 17C	Latin Dance III .....	0.5 - 3
DANCE 18A	African Dance I.....	0.5 - 3
DANCE 19A	Hip Hop Dance I .....	0.5 - 3
DANCE 19B	Hip Hop Dance II .....	0.5 - 3
DANCE 19C	Hip Hop Dance III .....	0.5 - 3
DANCE 86	Ballroom Dance .....	0.5 - 3
<b>Total Units</b>		<b>17</b>

### Dance Courses

#### DANCE 1 Dance Appreciation

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Examines dance in multiple cultural, artistic, historical and performance contexts, using lectures, video, demonstration, viewing live performances, and exploration of selected dance styles. May be offered in a Distance-Learning Format.

*Transfer Credit:* Transfers to CSU; UC.

#### DANCE 2A Introduction to Dance I

0.5 – 3 units; 1 – 6 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Introduces a survey of basic dance techniques and dance vocabulary for the student with little or no experience, while promoting ease and confidence in movement.

*Transfer Credit:* Transfers to CSU; UC.

**DANCE 2B Introduction to Dance II**

0.5 – 3 units; 1 – 6 hours Laboratory

Prerequisite: DANCE 2A or equivalent skills.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Continues the introduction of a survey of dance techniques and dance vocabularies from DANCE 2A, adding elements of expressivity and differentiating styles in the techniques studied.

*Transfer Credit:* Transfers to CSU; UC.

**DANCE 3AP Dance Conditioning/Pilates I**

0.5 – 3 units; 1 – 6 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Presents instruction in the six principles of Pilates mat work with an emphasis on body/mind awareness, increased strength, flexibility, and efficient movement function leading to higher level performance in dance techniques and movement skills. May be offered in a Distance-Learning Format

*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all KIN activity courses: maximum credit-4 units. DANCE 3AP is a KIN Activity course.

**DANCE 3BP Dance Conditioning/Pilates II**

0.5 – 3 units; 1 – 6 hours Laboratory

Prerequisite: DANCE 3AP or equivalent skills.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Continues instruction in the six principles of Pilates mat work with an emphasis on body/mind awareness, increased strength, flexibility, and efficient movement function leading to higher level performance in all dance techniques and movement skills.

*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all KIN activity courses: maximum credit-4 units. DANCE 3BP is a KIN Activity course.

**DANCE 3CP Dance Conditioning/Pilates III**

0.5 – 3 units; 1 – 6 hours Laboratory

Prerequisite: DANCE 3BP or equivalent skills.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Teaches performance of the six principles of Pilates work with an emphasis on sequences increasing strength, flexibility, and efficient movement function leading to higher level performance in all dance techniques and movement skills.

*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all KIN activity courses: maximum credit-4 units. DANCE 3CP is a KIN Activity course.

**DANCE 4 Contemporary Modern Dance I**

0.5 – 3 units; 1 – 6 hours Laboratory

Recommended Preparation: DANCE 2A; Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Introduces the foundations of current physical and expressive beginning dance techniques by focusing on basic skills, musicality, and the art of dance. Improves kinesthetic abilities, engage the imagination, and build flexibility, strength and alignment.

*Transfer Credit:* Transfers to CSU; UC.

**DANCE 5 Contemporary Modern Dance II**

0.5 – 3 units; 1 – 6 hours Laboratory

Recommended Preparation: DANCE 4; Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Teaches intermediate contemporary modern dance technique, develops personal expression and musicality, improves alignment, body awareness, and conditioning while performing longer and more challenging movement combinations to live music.

*Transfer Credit:* Transfers to CSU; UC.

**DANCE 7 Ballet I**

0.5 – 3 units; 1 – 6 hours Laboratory

Recommended Preparation: DANCE 2A; Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Introduces basic techniques and principles of ballet through barre, center floor work, and across-the-floor combinations while acquainting the student with the aesthetics, history, and tradition of classical ballet.

*Transfer Credit:* Transfers to CSU; UC.

**DANCE 8 Ballet II**

0.5 – 3 units; 1 – 6 hours Laboratory

Recommended Preparation: DANCE 7; Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Presents intermediate level techniques and principles of ballet through barre, center floor work, and across-the-floor combinations while exploring in more depth the aesthetics, history, and tradition of the classical ballet.

*Transfer Credit:* Transfers to CSU; UC.

**DANCE 9A Jazz Dance I**

0.5 – 3 units; 1 – 6 hours Laboratory

Recommended Preparation: DANCE 2A; Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Introduces beginning level Jazz Dance techniques, warm-up, and conditioning exercises for the student who has little or no prior experience.

*Transfer Credit:* Transfers to CSU; UC.

**DANCE 9B Jazz Dance II**

0.5 – 3 units; 1 – 6 hours Laboratory

Prerequisite: DANCE 9A or equivalent skills.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Continues the exploration of Jazz Dance techniques from DANCE 9A adding aspects of musicality, performance, and stylistic nuance.

*Transfer Credit:* Transfers to CSU; UC.

**DANCE 10A Intermediate Jazz Dance I**

0.5 – 3 units; 1 – 6 hours Laboratory

Prerequisite: DANCE 9B or equivalent skills.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Introduces intermediate level Jazz Dance techniques and performance skills, with emphasis placed on improvisational skills, stylistic interpretation, and the cool in the context of 20th century Jazz Dance history.

*Transfer Credit:* Transfers to CSU; UC.**DANCE 10B Intermediate Jazz Dance II**

0.5 – 3 units; 1 – 6 hours Laboratory

Prerequisite: DANCE 10A or equivalent skills.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Continues the physical study of historic Jazz Dance techniques and styles from DANCE 10A with emphasis placed on accuracy of reproduction and individual stylistic interpretation.

*Transfer Credit:* Transfers to CSU; UC.**DANCE 11A Dance Improvisation I**

0.5 – 3 units; 1 – 6 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Provides a supportive and playful group environment for students of any level to explore personal and expressive movement, the creative process, and improvisation techniques.

*Transfer Credit:* Transfers to CSU; UC.**DANCE 11B Dance Improvisation II**

0.5 – 3 units; 1 – 6 hours Laboratory

Prerequisite: DANCE 11A or equivalent skills.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Continues the study of improvisational skills and techniques from DANCE 11A while introducing aspects of performance and group synergy to find relationships between imagination, movement, and dancemaking.

*Transfer Credit:* Transfers to CSU; UC.**DANCE 12A Choreography I**

0.5 – 3 units; 1 – 6 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Introduces the art of making dances for choreographers working in any style of dance, and is open to students with little or no dance experience. Creates a supportive lecture and laboratory environment to explore the use of music, group dynamics, and the creative imaginations as tools to create dances.

*Transfer Credit:* Transfers to CSU; UC.**DANCE 12B Choreography II**

0.5 – 3 units; 1 – 6 hours Laboratory

Prerequisite: DANCE 12A or equivalent skills.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Continues the study of crafting dances from DANCE 12A, while expanding the use of formal structures and more complex content, to develop dances that reflect the creative vision of the dancemaker.

*Transfer Credit:* Transfers to CSU; UC.**DANCE 13 Dance Repertory**

0.5 – 4 units; 1 – 8 hours Laboratory

Recommended Preparation: DANCE 2A; Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Presents the rehearsal processes, choreography, and performance styles of faculty and guest artists while performing in a fully produced dance concert.

*Transfer Credit:* Transfers to CSU; UC.**DANCE 14A Dance Production**

0.5 – 4 units; 1 – 8 hours Laboratory

Recommended Preparation: DANCE 2A; Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Choreograph, perform, and collaborate in the creation of dances that are presented in a concert focused on the work of emerging student dance artists. Presents opportunity to produce choreography performances and collaborations.

*Transfer Credit:* Transfers to CSU; UC.**DANCE 15A Salsa Dance I**

0.5 – 3 units; 1 – 6 hours Laboratory

Recommended Preparation: DANCE 2A; Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Introduces the Salsa Dance genre and its social importance for the student with little or no experience in the form.

*Transfer Credit:* Transfers to CSU; UC.**DANCE 15B Salsa Dance II**

0.5 – 3 units; 1 – 6 hours Laboratory

Prerequisite: DANCE 15A or equivalent skills.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Continues the study of physical and expressive techniques from DANCE 15A with emphasis placed on performing more complex Salsa Dance figures.

*Transfer Credit:* Transfers to CSU; UC.**DANCE 15C Salsa Dance III**

0.5 – 3 units; 1 – 6 hours Laboratory

Prerequisite: DANCE 15B or equivalent skills.

Recommended Prep: Eligibility for ENGL 100 or ESL 100 and READ 100. Repeatability: May be taken a total of 1 time.

Continues the study of Salsa Dance from DANCE 15B, synthesizing Salsa techniques with emphasis on personal expression and creativity within the cultural form.

*Transfer Credit:* Transfers to CSU; UC.



**DANCE 16A Baile Folklórico: Regional Dances of Mexico I**

0.5 – 3 units; 1 – 6 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Introduces the fundamentals of Mexican Folklorico Dance techniques, sones jaroques, jaliscineses, huastecos y sinaloenses, to students with little or no experience in this form. Footwork, style, and beginning choreography will be addressed.

*Transfer Credit:* Transfers to CSU; UC.

**DANCE 16B Baile Folklórico: Regional Dances of Mexico II**

0.5 – 3 units; 1 – 6 hours Laboratory

Prerequisite: DANCE 16A or equivalent skills.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Continues the study of Mexican Folklórico Dance from DANCE 16A, introducing the indigenous and mestizo dances of Mexico, with a focus on dance as a performing art.

*Transfer Credit:* Transfers to CSU; UC.

**DANCE 17A Latin Dance I**

0.5 – 3 units; 1 – 6 hours Laboratory

Recommended Preparation: DANCE 2A; Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Introduces the fundamentals of Latin Dance techniques, merengue, salsa, cha cha, and bachata, to students with little or no experience in the form. Leading and following roles will be developed, including aspects of figures and floorcraft.

*Transfer Credit:* Transfers to CSU; UC.

**DANCE 17B Latin Dance II**

0.5 – 3 units; 1 – 6 hours Laboratory

Prerequisite: DANCE 17A or equivalent skills.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Continues the study of Latin Dance from DANCE 17A, introducing the Rumba and Samba, and beginning the focus on Latin forms for performance and competition.

*Transfer Credit:* Transfers to CSU; UC.

**DANCE 17C Latin Dance III**

0.5 – 3 units; 1 – 6 hours Laboratory

Prerequisite: DANCE 17B or equivalent skills.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Continues the study of Latin Dance from DANCE 17B, introducing the Mambo and Cumbia forms with focus skill building for competition and advanced level performance.

*Transfer Credit:* Transfers to CSU; UC.

**DANCE 17D Latin Dance IV**

0.5 – 3 units; 1 – 6 hours Laboratory

Prerequisite: DANCE 17C or equivalent skills.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Continues the study of Latin Dance from DANCE 17C, introducing the Bolero and refining the Mambo and Cumbia forms, focusing on competition and advanced level performance.

*Transfer Credit:* Transfers to CSU; UC.

**DANCE 18A African Dance I**

0.5 – 3 units; 1 – 6 hours Laboratory

Recommended Preparation: DANCE 2A; Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Introduces African dances from various regions in Africa including their social, historical, and cultural significance.

*Transfer Credit:* Transfers to CSU; UC.

**DANCE 19A Hip Hop Dance I**

0.5 – 3 units; 1 – 6 hours Laboratory

Recommended Preparation: DANCE 2A; Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Introduces the foundation of current physical and expressive Hip Hop Dance techniques to the student with little or no experience in the form by focusing on basic skills, musicality, and the different Hip Hop Dance genres. Improves kinesthetic abilities, engages the imagination and builds flexibility, strength, and alignment.

*Transfer Credit:* Transfers to CSU; UC.

**DANCE 19B Hip Hop Dance II**

0.5 – 3 units; 1 – 6 hours Laboratory

Prerequisite: DANCE 19A\* or equivalent skills.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Continues the exploration of foundational techniques in Hip Hop Dance from DANCE 19A with increasing emphasis on the use of correct form and safe performance for personal expression.

*Transfer Credit:* Transfers to CSU; UC.

**DANCE 19C Hip Hop Dance III**

0.5 – 3 units; 1 – 6 hours Laboratory

Prerequisite: DANCE 19B or equivalent skills.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Continues the study of Hip Hop Dance techniques from DANCE 19B synthesizing Hip Hop Dance techniques with personal expression and musicality, encouraging the student to find a personal connection to the dance form.

*Transfer Credit:* Transfers to CSU; UC.

**DANCE 19D Hip Hop Dance IV**

0.5 – 3 units; 1 – 6 hours Laboratory

Prerequisite: DANCE 19C or equivalent skills.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Continues and deepens the practice of Hip Hop Dance techniques from DANCE 19C, elaborating on Hip Hop movement styles to refine personal expressivity, musicality, and the use of poetic imagery to connect to the dance form.

*Transfer Credit:* Transfers to CSU; UC.**DANCE 21A Ballroom Dance I**

0.5 – 3 units; 1 – 6 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Introduces the basic steps and skills in selected ballroom dance styles including Fox Trot, Waltz, Swing, Two Step, Salsa, and additional popular ballroom dances.

*Transfer Credit:* Transfers to CSU; UC.**DANCE 21B Ballroom Dance II**

0.5 – 3 units; 1 – 6 hours Laboratory

Prerequisite: DANCE 21A or equivalent skills.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Continues the study of Ballroom techniques from DANCE 21A and applies them to following and leading in selected ballroom dance styles including Fox Trot, Waltz, Swing, Two Step, Salsa, and additional popular ballroom dances.

*Transfer Credit:* Transfers to CSU; UC.**DANCE 68 Advanced Dance Technique and Performance Skills**

0.5 – 3 units; 1 – 6 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Refines contemporary modern dance technique and performing skills while learning more complex patterns of movement, embodiment of alignment, flexibility, strength, and energy flow with live dance accompaniment.

*Transfer Credit:* Transfers to CSU; UC.**DANCE 74 Creative Movement**

0.5 – 3 units; 1 – 6 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Provides a playful and supportive atmosphere to explore imagination, creativity, self-expression, communication, and group play while discovering your movement potential through improvisation.

*Transfer Credit:* Transfers to CSU; UC.**DANCE 79 Creative Careers-Discovering Self-Directed Pathways**

3 units; 3 hours Lecture, 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Investigates creative career opportunities in all visual, applied, and performing arts disciplines, with a focus on unique, self-directed, non-traditional, and entrepreneurial pathways and the academic and life choices necessary to realize such opportunities. May be offered in a Distance-Learning Format. Materials fee may apply. AH 79, ART 79, AP 79, DANCE 79, DM 79, MUS 79, and TA 79 are cross listed courses. Students may enroll in only one course for credit.

*Transfer Credit:* Transfers to CSU.**DANCE 79AZ Special Topics in Dance**

0.5 – 3 units; 0.5 – 3 hours Lecture or 1 – 6 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Study of selected dance topics of interest.

*Transfer Credit:* Transfers to CSU; UC, with conditions: Students must retain a copy of the course outline, the course syllabus and work completed for this course. Credit for this course is contingent upon a review of the course outline and other materials by the UC transfer campus.**DANCE 81 Swing Dance**

0.5 – 3 units; 1 – 6 hours Laboratory

Recommended Preparation: DANCE 61; Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Builds understanding of swing dance and expands the students' repertoire of dance skills across a wide range of traditional and popular swing dance styles.

*Transfer Credit:* Transfers to CSU; UC.**DANCE 82A Body Mind Techniques: Applied Somatics I**

0.5 – 3 units; 1 – 6 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Provides students of any experience level an introductory survey of somatic modalities, increasing body awareness and wellness through an exploration of movement and dance as a creative, performance, and healing art.

*Transfer Credit:* Transfers to CSU; UC.**DANCE 82B Body Mind Techniques: Applied Somatics II**

0.5 – 3 units; 1 – 6 hours Laboratory

Recommended Preparation: DANCE 82A or equivalent skills; Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Continues a survey of somatic modalities, increasing body awareness and wellness through an exploration of movement and dance as a creative, performance, and healing art.

*Transfer Credit:* Transfers to CSU; UC.