COURSE NUMBER & TITLE: PEAC 1031-01 Western & Social Dancing
SEMESTER/YEAR: Fall 2006
LECTURE HOURS: LABORATORY HOURS: 2 CREDITS: 1
CLASS TIME: 7:30 p.m. – 9:15 p.m. T ROOM: RC BALLROOM
INSTRUCTOR'S NAME: Brandi Ingham
INSTRUCTOR'S CONTACT INFORMATION:
Office Location: N/A
Office Phone: Academic Assistant: Sarah @ 268-2631
Home Phone: 266-3685 (home)
Email: dancer823@aol.com
OFFICE HOURS: By appointment

COURSE DESCRIPTION: This course is an introduction to western, social ballroom, and Latin dances. You may earn one credit in physical education or you may audit the course.

STATEMENT OF PREREQUISITES: None
GOAL: Instruction will primarily include beginner steps and select turns.
OUTCOMES: Two-step, fox trot, swing, waltz, salsa, cha cha, polka, and cotton-eyed Joe will be taught. Each class is different and the instructor will teach as many dances and moves as the class can do.

METHODOLOGY: Demonstration and participation

EVALUATION CRITERIA: Attendance and practice are important for individual students and the class as a whole, as learning dance is a cooperative effort. Course grades will be based on 50% practical understanding of the dances presented, 10% mid-term and final written tests, and 40% attendance and participation in the classes. Absences will affect the final course grade by one-half grade per missed class. To learn proper dance technique and the dances presented, attendance is imperative. If you will be absent from a class, please let the instructor know prior to the class. If you choose to audit the class, please complete the necessary paperwork at enrollment services. To properly learn the dances as a student auditing the course, attendance is also important.

Tests or quizzes will be given at mid-term and finals. The tests will consist of true or false, completion, matching, and identifying proper dances to music. Students will be evaluated as to their practical knowledge of the dances presented.
REQUIRED TEXTS, READINGS, MATERIALS:

*Footwear*

In the Roberts Commons Ballroom, it is suggested that you bring heavy socks, shoes, boots or slippers with non-marring, leather soles and heels. Black heels may mar the floor. Various athletic shoes may be appropriate, however, when dancing, note that rubber soles tend to grip the floor, slow turns, and unnecessarily stress knees. **Please do not wear sandals, flip flops, backless shoes, etc.** They provide little support and are very hard to dance in. If you have any questions on shoes, please ask the instructor.

**CLASS POLICIES:**

*Last Date to Change to Audit Status:* Refer to Handbook

*Last Date to Withdraw With a W Grade:* Refer to Handbook

**STUDENT'S RIGHTS AND RESPONSIBILITIES:** Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities as a Casper College Student.

*Chain of Command:* If you have any problems with this class, you should first contact the instructor in order to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take your problem through the appropriate chain of command starting with the department head, then the division chair, and lastly the vice president for academic affairs.

*Academic Dishonesty – Cheating and Plagiarism:* Casper College demands intellectual honesty. Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was committed or expulsion from school. See the Casper College Student Code of Conduct.

*ADA Accommodations Policy:* It is the policy of Casper College to provide appropriate accommodations to any student with a documented disability. If you have a need for accommodation in this course, please make an appointment to see the instructor at your earliest convenience.

**COURSE SCHEDULE:**

- Midterm Exam Weed: 10/16-20/06
- Fall Break: 10/23-24/06
- Final Exam Week: 12/18-21/06
Dancing is fun. It is conversation to music. If you walk you should be able to learn dance. Knowledge of dance frame, lead/follow, footwork, and dancing to the music will help you become a better dancer. Coordination, posture, balance, timing, leading, following, and recognizing the music for respective dances will be emphasized. Everyone is taught at the same time. Some of the dances may be more interesting than others. The basics of each dance can develop into advanced patterns and will provide background for future dancing or advanced dance patterns. For some, the instructor may teach too slowly; for others, a little fast. Every attempt will be made to keep the instruction interesting and challenging. Should you need help during or before a class, please let the instructor know. The instructor will attempt to provide as much individual help as possible.

The following dances are scheduled to be taught:

**Western And Social Ballroom Dances**

**Two-step** (quick, quick; slow, slow steps) and fox trot (slow, slow; quick, quick steps). Basic steps, dancing the four directions and turns.

**Waltz** (1, 2, 3, 4, 5, 6). Waltz is the only dance in 3/4 time, moving continuously.

**Jitterbug and east coast swing.** Rhythm dances. There are three different foot patterns, including triple, double, and single. The foot pattern will depend on the tempo of the music. Some in-place movement.

**Latin Dances**

**Salsa** (quick, quick, slow; quick, quick, slow). Very little distance covered in the slot.

**Cha cha** (4 & 1, 2, 3; 4 & 1, 2, 3). Three steps on two beats of music.

**Couples Dances and Line Dances**

**Polka.** (1, 2, 3, 4, 5, 6). Heel and toe. Use two-step type patterns.

**Cotton-eyed Joe variations:** Line and couple.

**History Notes**

The history of dance is exciting and interesting. It often represents the feeling of the nation and society at a specific time. Think of the era of the Charleston, couples dances of the 1960's, hard rock of the 1970's, square dancing, Western, and now -- retro-swing and Latin dances. Social ballroom dances have survived; swing or retro-swing is back.

**Terminology, Types Of Dances**

**Smooth dances:** Two-step, fox trot, waltz, and tango

**Rhythm dances:** Jitterbug, east coast swing, lindy, cha cha, salsa, rock 'n roll

**American dances:** Two-step, fox trot, jitterbug, and east coast swing

**Latin dances:** Cha cha, salsa, tango

**Waltz** is the only dance using 3/4 timing. The majority of dances use 4/4 or even timing.

**Line of dance (L. 0. D.)** : Dancers move around the floor in a counter clockwise direction known as line of dance.

**In dance, there are five foot positions:** This class will regularly use at least three of the foot positions, including position 1: Feet together; position 3: instep to heel; position 5: toe to heel.
Students are asked to learn and incorporate the fundamentals of dance into their dancing, including dance frame, lead/follow, footwork, and dancing to the music. To lead, the leader (typically the male partner) should select a dance, dance patterns and amalgamations that are appropriate to the music being played. The leader should communicate those decisions to the follower through the leader's strong frame and center point of balance. Through proper frame, the leader will assist the follower in foot placement, moves, turns and spins --on time and in step with the music.

To follow, the follower should sense movement and the direction in which the leader is going to move through the follower's strong frame. The follower should adjust frame to match the frame of the leader. To facilitate a smooth lead/follow, both the follower and leader must have tone in their upper arms. As the leader leads a dance or move, the follower must move or even drive their center point of balance in the direction being lead. The leader must be decisive and assertive by moving (driving) in the exact direction the leader has selected. Dance frame must not be sacrificed or crushed by either partner.

Again, dance is a cooperative effort. The leader must provide leads accurately and at the exact moment, gracefully and in time with the music. The follower should develop a trust in the leader's leads. The follower should practice not fighting the leads.