

# Dance Activity (DAAC)

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## Courses

### **DAAC 1100 Dance Basics: 1 semester hour.**

Introduction and exploration of the basic terms and concepts of dance fundamental to ballet, jazz, modern and social dance techniques. Through the techniques of ballet barre, center floor work, and across the floor movement combinations, students will practice conditioning, strength, flexibility, alignment coordination, rhythm, musicality, body and spatial awareness. F, S

### **DAAC 1110 Ballroom Dance I: 1 semester hour.**

Beginning techniques in twostep, Fox Trot, Polka, Cha Cha Cha, Swing, and others. Taught at beginning skill level along with partnering, appropriate dress, proper etiquette. Informal performance opportunities available. F, S

### **DAAC 1111 Ballroom Dance II: 1 semester hour.**

Intermediate techniques in twostep, Fox Trot, Waltz, Polka, Cha Cha Cha, Swing, and others. Taught at intermediate skill level along with partnering, appropriate dress, proper etiquette. Informal performance opportunities available. S

### **DAAC 1115 Ballroom Dance Performance: 1 semester hour.**

Advanced ballroom dance students learn to choreograph and perform a "Couples" dance routine; learn how to select music, costumes, and stage individual performances for formal presentation. F

### **DAAC 1125 Latin Dance I: 1 semester hour.**

Learn footwork, turns, patterns, proper posture, weight transfer, frame, connection and techniques of leading and following while learning many different Latin Dances and Music which may include Salsa, Merengue, Tango, Bachata, Rhumba, and Samba. Informal performance opportunities available. F, S

### **DAAC 1135 Middle Eastern Dance: 1 semester hour.**

Modern Middle Eastern Dance derives from the ancient cultures of the Orient to India to the Middle East. Learn basic techniques including proper stance, posture, isolations, hip and upper body movement, arm positions and traveling patterns, shimmies, turns and traveling steps while exploring aspects of music and culture specific to the varying regions presented in class. Introduction to use of finger cymbals and veil work. F, S

### **DAAC 1140 Tap Dance I: 1 semester hour.**

Introduction to basic steps of tap technique, including coordination, rhythmic variations, and performance skills through a series of tap combinations. Tap shoes are required. Informal performance opportunities available. F, S

### **DAAC 1141 Tap Dance II: 1 semester hour.**

Continuation of DAAC 1140, increasing in complexity of steps of tap technique. Students learn coordination, rhythmic variations, and performance skills through a series of tap combinations. Tap shoes are required. Informal performance opportunities available. F, S

### **DAAC 1150 Folk and Square Dance I: 1 semester hour.**

Steps/combinations taught at various skill levels. Folk dances from around the world, square dances from America are included. Informal performance at end of semester. D

### **DAAC 1151 Folk and Square Dance II: 1 semester hour.**

Steps/combinations taught at various skill levels. Folk dances from around the world, and square dances from America are included. Informal performance at end of semester. PREREQ: DAAC 1150 or equivalent. D

### **DAAC 1160 Recreational Dance I: 1 semester hour.**

Recreational dance forms such as line dance, country western, mixers, and round dances will be taught in a social setting. Partners not required. D

### **DAAC 1161 Recreational Dance II: 1 semester hour.**

More recreational dances in line dance, country western, mixers, and round dances will be taught in a social setting. Partners not required. PREREQ: DAAC 1160 or equivalent. D

### **DAAC 1175 Pilates Dance Conditioning-Matwork: 1 semester hour.**

A Pilates based fitness and dance conditioning floor work-out balances strength with flexibility. Designed by Joseph Pilates in the 1920's, Pilates tones the body's major and minor muscles, increases circulation, and enhances movement performance. F, S

### **DAAC 1176 Pilates Dance Conditioning-Equipment: 1 semester hour.**

A Pilates based fitness and dance conditioning work-out with equipment balances strength with flexibility while toning the body's major and minor muscles, increasing circulation, aiding correct alignment and movement efficiency for optimal performance potential. Includes training on the Wunda Chair, the Pilates Reformer, and the Cadillac. F, S

### **DAAC 1180 Hip Hop I: 1 semester hour.**

Beginning techniques in step, break, and other elements of this social form. Students participate in improvisation and performance activities to present at an end of semester informal presentation. F, S

### **DAAC 1181 Hip Hop II: 1 semester hour.**

Intermediate techniques in step, break, and other elements of this social form. Students participate in improvisation and performance activities to present at an end of semester informal presentation. F, S

### **DAAC 1182 Hip Hop Performance: 1 semester hour.**

Intermediate level course designed to develop students' technique, performance and repertoire within the specialized styles of hip hop. Focus upon intermediate/advanced hip-hop dance techniques, patterns, routines, and choreography in preparation for formal performances. F

### **DAAC 1195 Swing Dance: 1 semester hour.**

Swing techniques taught at a beginning skill level along with partnering, appropriate dress, proper etiquette. Informal performance opportunities available. F, S