

Area: Kinesiology and Athletics  
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Degree: A.A. Dance

## Dance Degree

**Major Code: 010421A01**

This degree provides an educational and practical foundation for students pursuing a professional career in dance. It is designed to create avenues toward further study and employment in educational dance, choreography, cultural dance, and dance performance. Topics include cultural dance forms, intermediate dance technique, performance studies, and nutrition. Students interested in transferring to a four-year college should meet with a counselor to determine the appropriate coursework.

### Student Learning Outcomes

*Upon completion of this program, the student will be able to:*

- describe the basic structure of the human body and its potential for movement
- recount the historical and personal significance of cultural dance
- list the educational requirements for employment as a dance educator
- compare the standards of class etiquette required for participation in ballroom, urban Hip Hop, modern, and ballet dance courses
- discuss the level of training and commitment required for a concentration in dance performance
- evaluate current trends, philosophies, and companies in professional dance
- examine twelve areas for improvement in performance level
- justify the importance of visualization, creativity, and critical feedback in dance education
- demonstrate the necessary technique and performance skill for audition into a four-year institution or application to entry level employment in a professional dance setting
- notate choreography and transpose from video into movement

### Career Opportunities

This degree is designed for those pursuing a career in professional dance. It prepares dancers for entry-level positions and for transfer to four-year colleges and universities.

**Requirements for Degree** **18 Units**

#### Cultural:

<b>A minimum of 2 units from the following:</b> .....	2
DANCE 300	Diverse Cultures in Dance (1)
DANCE 301	Belly Dancing (1)
DANCE 302	African Dance (1)
DANCE 304	Polynesian Dance I (1)
DANCE 305	Hawaiian Dance I (1)
DANCE 306	Polynesian Dance II (1)
DANCE 307	Hawaiian Dance II (1)
DANCE 326	Ballet: Variations and Combinations (2)
DANCE 352	Urban Hip Hop II (1)
DANCE 353	Urban Hip Hop III (1)
DANCE 360	Tap Dance I (1)

#### Technique:

<b>A minimum of 8 units from the following:</b> .....	8
DANCE 312	Jazz Dance II (1)
DANCE 313	Jazz Dance III (1)
DANCE 314	Jazz Dance IV (1)
DANCE 315	Jazz Dance V (1)
DANCE 316	Jazz Dance VI: African Jazz (1)
DANCE 321	Ballet II (1)
DANCE 322	Ballet III (1)
DANCE 323	Ballet IV (1)
DANCE 324	Ballet V (1)
DANCE 325	Ballet VI (1)
DANCE 332	Modern Dance II (1)
DANCE 333	Modern Dance III (1)
DANCE 334	Modern Dance IV (1)
DANCE 335	Modern Dance V (1)w
DANCE 336	Modern Dance VI (1)
DANCE 341	Ballroom Dance II (1)
DANCE 342	Ballroom Dance III: Club Dancing (1)
DANCE 343	Ballroom Dance IV: Latin (1)
DANCE 344	Ballroom Dance V: Swing (1)
DANCE 345	Ballroom Dance VI: Tango (1)
DANCE 361	Tap Dance II (1)
DANCE 362	Tap Dance III (1)
DANCE 363	Tap Dance IV (1)
DANCE 365	Tap Dance VI: Rhythm Tap (1)
DANCE 377	Musical Theatre Dance I (2)
DANCE 390	Contemporary Dance I (1)
DANCE 400	Floor Barre (1)
DANCE 401	Pre-Pointe and Conditioning (1)

#### Choreography:

<b>A minimum of 2 units from the following:</b> .....	2
DANCE 402	Elements of Choreography (1)
DANCE 403	Choreographic Studies (2)

#### Production:

<b>A minimum of 3 units from the following:</b> .....	3
DANCE 415	Dance Production: Rehearsal and Backstage Organization (3)
DANCE 416	Dance Production: Choreography and Costumes (3)
DANCE 417	Dance Production: Studio and Stage (3)

#### Performance:

<b>A minimum of 3 units from the following:</b> .....	3
DANCE 430	Jazz Dance Performance Group (3)
DANCE 431	Performance Group: Master Hip Hop Crew (3)
DANCE 432	Dance Performance: Contemporary Dance Alliance (3)

**Associate Degree Requirements:** The Dance Associate in Arts (A.A.) Degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See ARC graduation requirements.

## Dance

**DANCE 300 Diverse Cultures in Dance 1 Unit**

*General Education: AA/AS Area III(a); AA/AS Area VI; CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*

This course compares and contrasts three forms of indigenous, ethnic, and culturally derived dance. Students learn the traditional significance, origins, movement patterns, and basic steps of the dance form. Field trips may be required.

**DANCE 301 Belly Dancing 1 Unit**

*Course Family: Cultural Dance*  
*(see page 38 - limitation on active participatory courses)*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*

This course covers the basic movements, cultural values, and history of belly dance. It includes warmups, movement across the floor, center floor work, combinations, dances, and performance technique. Musical instruments, rhythms, costumes, and choreography are also covered. Field trips may be required.

**DANCE 302 African Dance 1 Unit**

*Course Family: Cultural Dance*  
*(see page 38 - limitation on active participatory courses)*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*

This course covers basic movement from African and West African styles of dance. Afro-Haitian and Afro-Caribbean styles may also be included, as well as an investigation of the Dunham technique and process of African dance. It includes beginning level warmup, across the floor movement, and center combinations to varied drum rhythms. No previous dance experience is necessary. Field trips may be required.

**DANCE 304 Polynesian Dance I 1 Unit**

*Course Family: Cultural Dance*  
*(see page 38 - limitation on active participatory courses)*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*

This course covers basic dances from Polynesia, including dances from Tahiti, Hawaii, and New Zealand. Topics include: warm ups, center dances, and cultural vocabulary. The origin, history, and cultural importance of Polynesian dance is presented. No dance experience is necessary for this course. Field trips may be required.

**DANCE 305 Hawaiian Dance I 1 Unit**

*Course Family: Cultural Dance*  
*(see page 38 - limitation on active participatory courses)*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*

This course covers the basic components of Hawaiian dance within its traditional context. It provides an opportunity to study the history, origin, and cultural importance of hula. Topics include: basic Hawaiian vocabulary for dance and the creation of floral adornments. This course is for students with little or no experience in Hawaiian dance. Field trips may be required.

**DANCE 306 Polynesian Dance II 1 Unit**

*Course Family: Cultural Dance*  
*(see page 38 - limitation on active participatory courses)*  
*Enrollment Limitation: DANCE 304 with a grade of "C" or better or by audition.*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*

This course offers further study of Polynesian dance within its traditional context. It continues the basic technique of Polynesian dance begun in DANCE 304 with a more rigorous training approach by adding faster tempos and more complex components. This course includes more intricate rhythms, timing, and footwork, with the original meanings and historical content intact. The origin, history, and vocabulary of Polynesian dances are explored with an emphasis on the current cultural importance of Polynesian dance within a changing society. This course is for students with previous training in Polynesian dance. Field trips may be required.

**DANCE 307 Hawaiian Dance II 1 Unit**

*Course Family: Cultural Dance*  
*(see page 38 - limitation on active participatory courses)*  
*Enrollment Limitation: DANCE 305 with a grade of "C" or better or by audition.*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*

This course offers further study of Hawaiian dance within its traditional context. It continues the basic hula technique begun in DANCE 305 with a more rigorous training approach by adding faster tempos and more complex components. This course includes more intricate footwork, timing, and communication of the steps with the original meanings and historical content intact. The origin, history, and vocabulary of Hawaiian dances are explored with an emphasis on the current cultural importance of hula in a changing Hawaiian population. This course is for students with previous training in Hawaiian dance. Field trips may be required.

**DANCE 310 Jazz Dance I 1 Unit**

*Course Family: Jazz Dance Technique*  
*(see page 38 - limitation on active participatory courses)*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*

This course covers the concepts of beginning alignment, simple balance, single turns, and basic technique for jazz dance. It provides a foundation in the basic steps, vocabulary, history, and traditions of various jazz dance styles. The focus is on small group dances that use space in a full-out and presentational style. This course is for students without previous dance training. Field trips may be required.

**DANCE 312 Jazz Dance II 1 Unit**

*Course Family: Jazz Dance Technique*  
*(see page 38 - limitation on active participatory courses)*  
*Enrollment Limitation: DANCE 310 with a grade of "C" or better or by audition.*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*

This course continues to refine the basic skills begun in DANCE 310 and further instills proper alignment and technique for jazz dance. This course offers students an opportunity to explore new learning styles through the continued study of jazz dance with more complex rhythms, new vocabulary, varied methods of counting, and new spatial problems to be solved. This course is for students with some previous jazz dance training. Field trips may be required.

**DANCE 313 Jazz Dance III****1 Unit***Course Family: Jazz Dance Technique**(see page 38 - limitation on active participatory courses)**Enrollment Limitation: DANCE 312 with a grade of "C" or better or by audition.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course continues the foundation of basic steps and turns begun in DANCE 312 and further instills proper alignment and technique. It introduces more complex combinations in center, a greater vocabulary of movement across the floor, and a better understanding of technique for multiple jazz turns. This course is for students with previous jazz dance training. Field trips may be required.

**DANCE 314 Jazz Dance IV****1 Unit***Course Family: Jazz Dance Technique**(see page 38 - limitation on active participatory courses)**Enrollment Limitation: DANCE 313 with a grade of "C" or better or by audition.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course continues the study of jazz dance focusing on allegro movement studies with quicker, more complex combinations in center, a more difficult vocabulary of movement across the floor, and progressive technique for multiple jazz turns. It emphasizes changes of directions, dynamics, and levels. This course is for students with previous jazz dance training. Field trips may be required.

**DANCE 315 Jazz Dance V****1 Unit***Course Family: Jazz Dance Technique**(see page 38 - limitation on active participatory courses)**Enrollment Limitation: DANCE 314 with a grade of "C" or better or by audition.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course continues the study of jazz dance with rigorous emphasis on allegro movement, jumps, leaps, and technique for multiple turns. Topics include the propensity of jazz dance to absorb the movements of many cultures and to utilize the current social climate in reflecting the era in dance. This course is for students with previous jazz dance training. Field trips may be required.

**DANCE 316 Jazz Dance VI: African Jazz****1 Unit***Course Family: Jazz Dance Technique**(see page 38 - limitation on active participatory courses)**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course combines basic elements of jazz dance with the rhythmic patterns of African dance and Dunham dance technique. Allegro jumps, push turns, and isolations from African dance are mixed with the extensions, footwork, and American-style showmanship of jazz dance producing a fusion of dance styles that serves as a gateway to contemporary Dunham dance technique. No previous dance experience is required. Field trips may be required.

**DANCE 320 Ballet I****1 Unit***Course Family: Ballet Technique**(see page 38 - limitation on active participatory courses)**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course covers the basic alignment, steps, and technique suitable for beginners in ballet. It provides a foundation in the etiquette, vocabulary, and traditions of classical ballet and allows for certain physical modifications to the turnout that is required in more advanced coursework. Included is a progression of barre exercises designed to develop alignment, strength, range of motion, and balance. This course is for students with little or no ballet training. Field trips may be required.

**DANCE 321 Ballet II****1 Unit***Course Family: Ballet Technique**(see page 38 - limitation on active participatory courses)**Enrollment Limitation: DANCE 320 with a grade of "C" or better or by audition.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course reinforces the foundation begun in DANCE 320 and offers an opportunity to perfect basic steps while introducing new combinations at the barre. The origins and purpose of ballet are introduced, along with new vocabulary words, more complex barre combinations and more intricate steps across the floor. The emphasis is on balance, using plie, and extending range of motion. This course is for students with some basic ballet training. Field trips may be required.

**DANCE 322 Ballet III****1 Unit***Course Family: Ballet Technique**(see page 38 - limitation on active participatory courses)**Enrollment Limitation: DANCE 321 with a grade of "C" or better or by audition.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course refines the technique begun in DANCE 321 and introduces more complex steps, new vocabulary, and longer, more difficult combinations. The emphasis is on technique for vertical jumps, multiple turns, and higher extensions with focus also on the continued development of strength. This course is for students with previous ballet training. Field trips may be required.

**DANCE 323 Ballet IV****1 Unit***Course Family: Ballet Technique**(see page 38 - limitation on active participatory courses)**Enrollment Limitation: DANCE 322 with a grade of "C" or better or by audition.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course continues the study of ballet begun in DANCE 322, focusing on concepts for improved technique, better balance, and stronger placement for the upper body. Allegro and adagio combinations are introduced and warm ups are designed to prepare for more difficult center work. This course is for students with previous ballet training. Field trips may be required.

**DANCE 324 Ballet V****1 Unit***Course Family: Ballet Technique**(see page 38 - limitation on active participatory courses)**Enrollment Limitation: DANCE 323 with a grade of "C" or better or by audition.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course continues the study of ballet technique begun in DANCE 323 and promotes greater learning by offering a wider variety of steps, new vocabulary, more difficult barre, turns, leaps, historical information, and the introduction of basic partner dances. This course is designed for students with previous ballet technique and experience. Field trips may be required.

**DANCE 325 Ballet VI****1 Unit***Course Family: Ballet Technique**(see page 38 - limitation on active participatory courses)**Enrollment Limitation: DANCE 324 with a grade of "C" or better or by audition.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course continues the study of ballet and builds upon the foundation of skills begun in DANCE 324. It includes new vocabulary words and barre exercises that prepare for partner work and pas de deux movement. Allegro movement, multiple turns, and adagio in center are the emphasis. This course is for students with previous ballet training. Field trips may be required.

**DANCE 326 Ballet: Variations and Combinations 2 Units***Course Family: Ballet Technique**(see page 38 - limitation on active participatory courses)**Enrollment Limitation: DANCE 324 or DANCE 325 or by audition.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 18 hours LEC; 54 hours LAB*

This course utilizes technique and history covered in all previous ballet courses and initiates the process of studying and interpreting ballet variations and combinations. Combinations are newly created and appropriate for each dancer, while performance of variations, traditionally given as a reward for hard work, will be assigned by individual merit and group ability. New vocabulary, variation details, shocking dance history, famous performances, and the ballets that they sprang from are covered. This course may only be taken en pointe by permission and is designed for more experienced dancers. Field trips may be required.

**DANCE 330 Modern Dance I****1 Unit***Course Family: Modern Dance Technique**(see page 38 - limitation on active participatory courses)**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course provides a solid foundation in technique, alignment, and vocabulary for modern dance. It offers study in the history and traditions of modern dance and an appreciation for its importance in American dance. Individual expression and creativity are encouraged with an emphasis on problem solving and techniques for dealing with basic design, time, shape, and energy concepts for modern dance movement. This course is for students with little or no modern dance training. Field trips may be required.

**DANCE 332 Modern Dance II****1 Unit***Course Family: Modern Dance Technique**(see page 38 - limitation on active participatory courses)**Enrollment Limitation: DANCE 330 with a grade of "C" or better or by audition.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course furthers the study of modern dance begun in DANCE 330 and continues the emphasis on organic movement that fills space with dynamic movements and an energetic flow of the body. Momentum and extension from the core of the body are introduced as well as explorations in space and energy. This course is designed for students with some experience in modern dance technique. Field trips may be required.

**DANCE 333 Modern Dance III****1 Unit***Course Family: Modern Dance Technique**(see page 38 - limitation on active participatory courses)**Enrollment Limitation: DANCE 332 with a grade of "C" or better or audition.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course furthers the technical study of modern dance that was begun in DANCE 332 and extends the technique to include studies of time and distance. It encourages technique that results in full out movement, better alignment for strength and balance, and concepts for hopping, jumping, and leaving the ground. The study of modern dance innovators is included. This course is for students with some experience in modern dance technique. Field trips may be required.

**DANCE 334 Modern Dance IV****1 Unit***Course Family: Modern Dance Technique**(see page 38 - limitation on active participatory courses)**Enrollment Limitation: DANCE 333 with a grade of "C" or better or by audition.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course furthers the technique of modern dance studied in DANCE 333 and places the emphasis on explorations of percussive, sustained, and suspended movement qualities with time and effort changes. Utilizing exact repetition, gradual changes, and the human breath, exercises to maintain technique are developed for strength training and imagery as well as inspiration for choreography. This course requires prior modern dance training. Field trips may be required.

**DANCE 335 Modern Dance V****1 Unit***Course Family: Modern Dance Technique**(see page 38 - limitation on active participatory courses)**Enrollment Limitation: DANCE 334 with a grade of "C" or better or by audition.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course furthers the concepts and technique used in DANCE 334 and places the emphasis on explorations of percussive, sustained, and suspended movement qualities with time and effort changes. Utilizing exact repetition, gradual changes, and the human breath, exercises to maintain technique are developed for strength training and imagery as well as inspiration for choreography. This course requires prior modern dance training. Field trips may be required.

**DANCE 336 Modern Dance VI** **1 Unit**  
*Course Family: Modern Dance Technique*  
*(see page 38 - limitation on active participatory courses)*  
*Enrollment Limitation: DANCE 335 with a grade of "C" or better or by audition.*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*

This course continues the technique covered in DANCE 335 and introduces new vocabulary and explorations for essence, time, and reversing time. Retrograde, slow motion, and high-speed movements are studied and used as a springboard to choreography. This course is designed for dancers with experience in modern dance technique. Field trips may be required.

**DANCE 340 Ballroom Dance** **1 Unit**  
*Course Family: Ballroom Dance Technique*  
*(see page 38 - limitation on active participatory courses)*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*

This course provides a foundation for ballroom dance that includes the etiquette, vocabulary, history, and traditions of ballroom dance. The emphasis is on thoughtful partner work, basic ballroom technique, and basic dances. This course is for students with little or no experience in ballroom dance.

**DANCE 341 Ballroom Dance II** **1 Unit**  
*Course Family: Ballroom Dance Technique*  
*(see page 38 - limitation on active participatory courses)*  
*Enrollment Limitation: DANCE 340 with a grade of "C" or better or by audition.*  
*General Education: AA/AS Area III(a); CSU Area E2 (effective Fall 2013)*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*

This course furthers the study of ballroom dance technique begun in DANCE 340 and emphasizes swift execution and new partnering concepts. It includes more complex movement and introduces the potential for improvisation. It also refines the basic skills and builds on them to allow for a greater understanding of ballroom dance forms. This course is designed for students with some experience in ballroom dance.

**DANCE 342 Ballroom Dance III: Club Dancing** **1 Unit**  
*Course Family: Ballroom Dance Technique*  
*(see page 38 - limitation on active participatory courses)*  
*Enrollment Limitation: DANCE 341 with a grade of "C" or better or by audition.*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*

This course continues the foundation in alignment, etiquette, and ballroom dance styles begun in DANCE 341. It allows for more advanced study and builds confidence and ability in competitive forms of ballroom. The focus is on the execution of those dances known as Club Dances in the competitive ballroom field. These dances introduce showmanship and require more skill, better timing, and specific use of non-verbal communication. This course is designed for students with ballroom dance experience.

**DANCE 343 Ballroom Dance IV: Latin** **1 Unit**  
*Course Family: Ballroom Dance Technique*  
*(see page 38 - limitation on active participatory courses)*  
*Enrollment Limitation: DANCE 341 with a grade of "C" or better or by audition.*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*

This course continues the foundation in alignment, etiquette, and technique that was begun in DANCE 341. It allows for more advanced study specifically in Latin styles of dance. These dances introduce professional showmanship and fluent use of non-verbal communication with a focus on more complicated rhythms. This course is designed for those students with experience in ballroom dance technique.

**DANCE 344 Ballroom Dance V: Swing** **1 Unit**  
*Course Family: Ballroom Dance Technique*  
*(see page 38 - limitation on active participatory courses)*  
*Enrollment Limitation: DANCE 342 with a grade of "C" or better or by audition.*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*

This course maintains the foundation of alignment, etiquette, and basic steps begun in DANCE 342 and furthers the technique and execution with a new vocabulary of steps, and intricate partnering technique. It includes more strenuous movement and introduces the potential for tricks, turns, and more advanced dance sections that connect the basic steps. This course is designed for students with previous ballroom dance experience.

**DANCE 345 Ballroom Dance VI: Tango** **1 Unit**  
*Course Family: Ballroom Dance Technique*  
*(see page 38 - limitation on active participatory courses)*  
*Enrollment Limitation: DANCE 343 with a grade of "C" or better or by audition.*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*

This course builds on the foundation of DANCE 343. It challenges the student to master difficult forms of tango and requires a comprehensive effort to perfect quick-study, execution, balance, and technical ability. The emphasis is on complex steps that require keen timing, focus, showmanship and partnering skills. This course is designed for students with previous ballroom dance training.

**DANCE 348 Ballroom Challenge: Competition and Performance** **1 Unit**  
*Course Family: Ballroom Dance Technique*  
*(see page 38 - limitation on active participatory courses)*  
*Enrollment Limitation: Audition*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*

This course includes ballroom dance training for competition and performance. It focuses on refining performance levels of intermediate-to-advanced technique in at least three classic styles, such as Waltz, Foxtrot, and East Coast Swing, as well as three Latin styles. Topics include audition skills and learning new styles, new routines, and a competition within class for ranking. There are opportunities to compete against other groups and perform outside of class. Field trips may be required.

**DANCE 351 Urban Hip Hop I****1 Unit**

*Course Family: Hip Hop Technique and Competition (see page 38 - limitation on active participatory courses)*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*

This course includes basic urban-style Hip Hop moves with rapid level changes and strong floor work. Choreography is provided on a bare bones theme and developed according to individual style, ability, and personal interpretation. The history of this genre and the traditional competitive elements of Hip Hop dance are examined, as well as the role of dance in Hip Hop culture. An opportunity for exploration of Freestyle, Old Style, Poppin', Lockin' is provided. This course is for students with little or no experience in Hip Hop dance technique. Field trips may be required.

**DANCE 352 Urban Hip Hop II****1 Unit**

*Course Family: Hip Hop Technique and Competition (see page 38 - limitation on active participatory courses)*  
*Enrollment Limitation: DANCE 351 with a grade of "C" or better or by audition.*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*

This course continues the technique and alignment begun in DANCE 351 on a more comprehensive level. It presents rigorous exercises for the development of strength and kinesthetic awareness. It also uses a vocabulary of intricate steps. The focus is on locomotor movements across the floor to improve smooth execution and center combinations to develop hard-hitting percussive styles. This course is for students with some previous urban Hip Hop dance training. Field trips may be required.

**DANCE 353 Urban Hip Hop III****1 Unit**

*Course Family: Hip Hop Technique and Competition (see page 38 - limitation on active participatory courses)*  
*Enrollment Limitation: DANCE 352 with a grade of "C" or better or by audition.*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*

This course builds on the styles and technique studied in DANCE 352. The emphasis is on exercises to encourage strength and agility, developing a dance persona, and on combinations that introduce new styles and increase the degree of difficulty with floor work. This course is for dancers with previous urban Hip Hop dance training. Field trips may be required.

**DANCE 354 Urban Hip Hop IV****1 Unit**

*Course Family: Hip Hop Technique and Competition (see page 38 - limitation on active participatory courses)*  
*Enrollment Limitation: DANCE 353 with a grade of "C" or better or by audition.*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*

This course builds on the foundation provided in DANCE 353. The focus is on improvisation, Freestyle, Cyphering, and battling. Musicality and storytelling are explored along with floor work, rapid tempos, and building upper body strength. This course is for students with previous urban Hip Hop dance training. Field trips may be required.

**DANCE 360 Tap Dance I****1 Unit**

*Course Family: Tap Dance Technique (see page 38 - limitation on active participatory courses)*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*

This course introduces the basic rhythms, walks, technique, alignment, and footwork of tap dance. It provides a foundation in the history, etiquette, and traditions of tap dance and uses tap dance vocabulary words to focus on step and riff names, their origins and meaning. This course is for students with little or no tap dance training. Field trips may be required.

**DANCE 361 Tap Dance II****1 Unit**

*Course Family: Tap Dance Technique (see page 38 - limitation on active participatory courses)*  
*Enrollment Limitation: DANCE 360 with a grade of "C" or better or by audition.*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*

This course offers an opportunity to continue the study of tap dance with more complex rhythms, new vocabulary, and varied methods of counting. It furthers the basic technique begun in DANCE 360 and instills tap rhythms, walks, alignment for balance, counts, and footwork. This course is for students with some previous tap dance training. Field trips may be required.

**DANCE 362 Tap Dance III****1 Unit**

*Course Family: Tap Dance Technique (see page 38 - limitation on active participatory courses)*  
*Enrollment Limitation: DANCE 361 with a grade of "C" or better or by audition.*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*

This course builds on technique studied in DANCE 361 and includes new vocabulary and steps that refine the ability for quick heel or toe balances as well as new exercises for progress in speed and intricacy of taps. Clarity of sounds and timing will be emphasized. This course requires previous experience in tap dance technique. Field trips may be required.

**DANCE 363 Tap Dance IV****1 Unit**

*Course Family: Tap Dance Technique (see page 38 - limitation on active participatory courses)*  
*Enrollment Limitation: DANCE 362 with a grade of "C" or better or by audition.*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*

This course continues the study of tap dance technique provided in DANCE 362. It furthers instruction with more sounds to each step and introduces the concepts of origin for tap dance. The emphasis is on Irish-based tap and the relaxation of the upper body during performance. This course is designed for students with a background in tap dance technique. Field trips may be required.

**DANCE 364 Tap Dance V****1 Unit***Course Family: Tap Dance Technique**(see page 38 - limitation on active participatory courses)**Enrollment Limitation: DANCE 363 with a grade of "C" or better or by audition.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course combines the elements of tap dance begun in DANCE 363 with the foundation of Shuffle Stride or rhythm tap dance styles of the Harlem Renaissance. The taps sounds are completed very close or into the ground. Along with theatrical jumps, turns, and isolations, steps from an African American Vaudeville dance heritage are included. This course requires previous tap dance training. Field trips may be required.

**DANCE 365 Tap Dance VI: Rhythm Tap****1 Unit***Course Family: Tap Dance Technique**(see page 38 - limitation on active participatory courses)**Enrollment Limitation: Completion of DANCE 364 with a grade of "C" or better or by audition.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course furthers the study of tap dance found in DANCE 364 with an emphasis on perfecting execution for rhythm-style tap dance. Combinations with faster tempos, changing tempos, a Capella tap, and call-and-response formats are included. This course is for students with a strong foundation in tap dance. Field trips may be required.

**DANCE 377 Musical Theatre Dance I****2 Units***Course Family: Musical Theatre Dance**(see page 38 - limitation on active participatory courses)**Enrollment Limitation: Completion of DANCE 310, 320, 330, 340, or 360, with a grade of "C" or better or by audition.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 18 hours LEC; 54 hours LAB*

This course provides an opportunity to explore dance for musical theatre and builds on the basic technique covered in DANCE 310, 320, 330, 340, or 360. This course begins with a mock audition and relies upon many basic dance styles in order to provide preparation for dancing in theatrical productions. Choreographed routines and production numbers are utilized, along with monologues, audition technique, vocabulary, and guides for singing while dancing. The emphasis is on authentic era dance styles, basic partnering, and using dance to shape and define a character. This course is designed for students with some previous dance experience. Field trips may be required.

**DANCE 390 Contemporary Dance I****1 Unit***Course Family: Contemporary Dance Technique**(see page 38 - limitation on active participatory courses)**Enrollment Limitation: DANCE 310, 320, and 330 with a grade of "C" or better, or audition.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course builds upon the technique covered in DANCE 310, 320, and 330. Abilities drawn from jazz, ballet, and modern dance are required to pursue this new integrated style. Dancers select and merge three dance techniques and incorporate the vocabulary of gestural movement and non-verbal communication. Development of smooth transitions and learning to use dance steps and elements to communicate an emotional state or story line. This course is intended for students with a knowledge of ballet, modern, and jazz dance technique. Field trips may be required.

**DANCE 400 Floor Barre****1 Unit***Course Family: Foundations of Dance**(see page 38 - limitation on active participatory courses)**Enrollment Limitation: DANCE 312, 321, or 330 with a grade of "C" or better, or audition.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course builds on the technique for all genres of dance. An understanding of the major muscle groups and their role in dance movement is offered and efficient use of smaller muscles that are heavily relied upon for extension, turn out, and off the ground positions is examined. Dancers are exposed to movement theories, anti-gravity exercises, and imagery explorations that reveal problems of balance, focus, weight distribution, anxiety, and muscle tension. Developing a new sense of relaxed readiness, dance identity, and self image are key areas to be explored. Technique from DANCE 312, 321, and 330 is re-enforced. This course is designed for dancers who are not only willing to address their individual movement problems, but to re-evaluate their physical abilities and goals in dance. Previous dance technique is required.

**DANCE 401 Pre-Pointe and Conditioning****1 Unit***Course Family: Foundations of Dance**(see page 38 - limitation on active participatory courses)**Enrollment Limitation: DANCE 321, 322, 323, 324, or 325, with a grade of "C" or better, or audition.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course covers the technique and conditioning for dancing on pointe and combined with DANCE 322, 323, 324, or 325, builds the strength needed for pointe work. The emphasis is on insuring that the strength and structure of the body is appropriate for pointe work. The course can be taken on flat to increase balance, strength, and alignment for ballet. It is designed for serious students of ballet with previous and on-going ballet training.

**DANCE 402 Elements of Choreography****1 Unit***Course Family: Foundations of Dance**(see page 38 - limitation on active participatory courses)**Enrollment Limitation: Completion of DANCE 310, 320, 330, 340, 351, or 360 with a grade of "C" or better or by audition.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course covers the basic elements of choreography and provides an opportunity to explore basic choreographic structure. Choreographic concepts are introduced, developed, applied, and adapted to various dance styles in a manner appropriate for most styles and levels of dance. The emphasis is on the choreographic process. This course is for students with some dance background. Field trips may be required.

**DANCE 403 Choreographic Studies****2 Units***Course Family: Foundations of Dance**(see page 38 - limitation on active participatory courses)**Enrollment Limitation: DANCE 402 with a grade of "C" or better or by audition.**General Education: AA/AS Area III(a); CSU Area C1; CSU Area E2**Course Transferable to UC/CSU**Hours: 18 hours LEC; 54 hours LAB*

This course furthers the study of choreographic elements begun in DANCE 402. It allows for the study of choreography from an artistic, historical, and personal perspective and encourages students of choreography to mature by providing deeper source materials and less predictable solutions. The emphasis is on imitation and exploration that may uncover inner layers of untapped movement and gesture, including the study of selected influential choreographers and their work. This course is for students with previous dance and choreography training. Field trips may be required.

**DANCE 406 Introduction to Improvisation****2 Units***Course Family: Foundations of Dance**(see page 38 - limitation on active participatory courses)**Enrollment Limitation: DANCE 312, 320, or 330 with a grade of "C" or better, or audition.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 18 hours LEC; 54 hours LAB*

This course builds on the technique covered in DANCE 312, DANCE 320, and DANCE 330. It introduces strategies for achieving improvisation without self auditing and utilizes concepts for initiating the impulse to move in any dance style. Dancers work through menus and pre-planned improvisational spring boards towards the complete freedom of dancing in a way that is not preconceived. Confidence is developed through repetition, encouragement, facing the emotional risk, and finding a sense of joy by dancing in the moment. This course is designed for students with a background in dance. Field trips may be required.

**DANCE 415 Dance Production: Rehearsal and Backstage Organization****3 Units***Course Family: Dance Composition and Production**(see page 38 - limitation on active participatory courses)**Enrollment Limitation: Audition**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 36 hours LEC; 54 hours LAB*

This course provides an opportunity to perform with a focus on the rehearsal period and the importance of backstage organization. It includes lecture, choreography, rehearsal and performance, with an emphasis on production technique and nomenclature for dance. Production technique is presented through a study of the theatre areas and the choreographic necessity they present. Production problems are studied for multiple solutions and organizational requirements for safe rehearsals and performances are explored. Field trips may be required.

**DANCE 416 Dance Production:****Choreography and Costumes****3 Units***Course Family: Dance Composition and Production**(see page 38 - limitation on active participatory courses)**Enrollment Limitation: Audition.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 36 hours LEC; 54 hours LAB*

This course provides an opportunity to perform with an emphasis on production technique for dance. Choreography for production and costuming for the choreography are covered as well as how to communicate choreographic ideas and costuming goals. Technique is presented through historical study and choreographic necessity. Production problems in choreography are analyzed for multiple solutions, and safe rehearsals, and performances. Field trips may be required.

**DANCE 417 Dance Production:****Studio and Stage****3 Units***Course Family: Dance Composition and Production**(see page 38 - limitation on active participatory courses)**Enrollment Limitation: Audition**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 36 hours LEC; 54 hours LAB*

This course is a lecture-demo and production group and is designed for dancers with performance proficiency in several styles of dance. There is an emphasis on public contact with several different performance space configurations and settings. It provides for an opportunity to choreograph, perform, and convert a dance production into three or more different kinds of space configurations. Field trips may be required.

**DANCE 430 Jazz Dance Performance Group****3 Units***Course Family: Dance Performance Group**(see page 38 - limitation on active participatory courses)**Enrollment Limitation: Audition**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 36 hours LEC; 54 hours LAB*

This course is a lecture-demo and performance group and is designed for dancers with performance proficiency in several styles of dance. There is an emphasis on public contact, community outreach, dance demonstrations, and a concert performance. The history of jazz dance is covered and ethnic styles are compared. An opportunity to choreograph is offered as well. Field trips may be required.



**DANCE 431 Performance Group:  
Master Hip Hop Crew 3 Units**

*Course Family: Dance Performance Group*

*(see page 38 - limitation on active participatory courses)*

*Advisory: DANCE 352 or 353*

*Enrollment Limitation: By audition. Student must be able to do a toe stand, wave, kick at least 90 degrees, exhibit floor work, jump three feet up landing in proper progression, and execute double turns with a bent knee.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Course Transferable to UC/CSU*

*Hours: 36 hours LEC; 54 hours LAB*

This course furthers the dance technique offered in DANCE 315 and DANCE 353 by providing an opportunity for performing these dance styles in a theatre setting. It presents performance technique as a situational learning experience in a non-competitive venue. Creating a showcase for Hip Hop, Freestyle, African jazz and other dance crew styles, this course facilitates performance technique using both improvised and choreographed material. The focus is on commitment to performance training for presentational dance and includes basic injury prevention, planning for success, and how to handle errors on stage as they happen. Topics include strict focus, professional attitudes, and theatre etiquette. This course is designed for students with considerable backgrounds in Hip Hop, jazz, African jazz or other cultural dance technique.

**DANCE 432 Dance Performance:  
Contemporary Dance Alliance 3 Units**

*Course Family: Dance Performance Group*

*(see page 38 - limitation on active participatory courses)*

*Enrollment Limitation: Audition*

*General Education: AA/AS Area III(a); CSU Area E2*

*Course Transferable to UC/CSU*

*Hours: 36 hours LEC; 54 hours LAB*

This course provides technique and performance opportunities in contemporary dance. It emphasizes public performance using the strategies, rules, and language of contemporary dance. Small group works are developed using subtext, gestural movements, abstract story lines, and movement for movement's sake. Creating complex contemporary dance steps and building short dance pieces to be performed in several public venues develops better performance abilities. Individual portfolios are included and field trips may be required.

**DANCE 433 Performance Group:  
ARCH Dance Company 3 Units**

*Course Family: Dance Performance Group*

*(see page 38 - limitation on active participatory courses)*

*Enrollment Limitation: Audition*

*General Education: AA/AS Area III(a) (effective Summer 2016); CSU Area C1; CSU Area E2*

*Course Transferable to UC/CSU*

*Hours: 36 hours LEC; 54 hours LAB*

This course provides performance opportunities based on "classic" short stories, fables, and myths. The emphasis is on communicating the ideas and sentiments of well-known stories through dance. How characters might move to convey who they are and what they want is covered, as well as making transition choices to build the story line through dance. Individual portfolios are stressed and field trips may be required.

**DANCE 495 Independent Studies in Dance 1-3 Units**

*General Education: AA/AS Area III(a)*

*Course Transferable to CSU*

*Hours: 54-162 hours LAB*

Independent Study is an opportunity for the student to extend classroom experience in this subject, while working independently of a formal classroom situation. Independent study is an extension of work offered in a specific class in the college catalog. To be eligible for independent study, students must have completed the basic regular catalog course at American River College. They must also discuss the study with a professor in this subject and secure approval. Only one independent study for each catalog course will be allowed.

**DANCE 498 Work Experience in Dance 1-4 Units**

*Advisory: Eligible for ENGRD 310 or ENGRD 312*

*AND ENGW 300; OR ESLR 340 AND ESLW 340.*

*Enrollment Limitation: Students must be in a paid or unpaid internship, volunteer position, or job related to dance with a cooperating site supervisor. Students are advised to consult with the Dance Department faculty to review specific certificate and degree work experience requirements.*

*General Education: AA/AS Area III(b); AA/AS Area III(a)*

*Course Transferable to CSU*

*Hours: 60-300 hours LAB*

This course provides students with opportunities to develop marketable skills in preparation for employment or advancement within the field of dance. It is designed for students interested in work experience and/or internships in transfer-level degree occupational programs. Course content includes understanding the application of education to the workforce, completion of Title 5 required forms which document the student's progress and hours spent at the work site, and developing workplace skills and competencies. During the semester, the student is required to complete 75 hours of related paid work experience, or 60 hours of related unpaid work experience for one unit. An additional 75 or 60 hours of related work experience is required for each additional unit. All students are required to attend the first class meeting, a mid-semester meeting, and a final meeting. Additionally, students who have not already successfully completed a Work Experience course will be required to attend weekly orientations while returning participants may meet individually with the instructor as needed. Students may take up to 16 units total across all Work Experience course offerings. This course may be taken up to four times when there are new or expanded learning objectives. Only one Work Experience course may be taken per semester.