

Dance

Overview

ARC's Dance program offers a diverse line-up of course offerings, including belly dancing, Polynesian dance, ballet, modern dance, ballroom dance, hip hop, and more. We offer an associate degree in dance. In addition, ARC Dance students have opportunities to perform at live concerts every spring and fall.

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 Division [Kinesiology & Athletics Division \(/academics/arc-kinesiology-athletics-division-office\)](#)
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Associate Degree

A.A. in Dance

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.

Catalog Date: June 1, 2020

Degree Requirements

COURSE CODE	COURSE TITLE	UNITS
Cultural:		
A minimum of 2 units from the following:		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:		
A minimum of 8 units from the following:		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 321	Ballet II (1)	
DANCE 322	Ballet III (1)	
DANCE 323	Ballet IV (1)	
DANCE 324	Ballet V (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)	
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 377	Musical Theatre Dance I (2)	
DANCE 390	Contemporary Dance I (1)	
DANCE 401	Pre-Pointe and Conditioning (1)	
Choreography:		
A minimum of 2 units from the following:		2
DANCE 402	Elements of Choreography (1)	

COURSE CODE	COURSE TITLE	UNITS
DANCE 403	Choreographic Studies (2)	
Production:		
A minimum of 3 units from the following:		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:		
A minimum of 3 units from the following:		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)	
Total Units:		18

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.

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 Information

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.

Dance (DANCE) Courses

DANCE 300 Diverse Cultures in Dance

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); AA/AS Area VI; CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- analyze and discuss the diverse dance culture that he or she is living in.
- list the elements of indigenous dance that act as a form of communication and expression of community beliefs.
- describe the effects of racism, sexism, and ethnocentrism on ethnic, cultural, and indigenous dance forms.
- explain the structure of three different cultural dance forms.
- perform three basic movements from ethnic, cultural, and indigenous dance and be able to compare and contrast these forms.
- explain the definitions for indigenous, cultural, ethnic, and popular dance and classify dances done today into an appropriate category.
- compare and contrast the similarities and differences in three forms of indigenous dance.

DANCE 301 Belly Dancing

Units:	1
Hours:	54 hours LAB
Course Family:	Cultural Dance (http://arc.losrios.edu/course-families#id_100031)
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- discuss the history of belly dance.
- identify three basic on-the-spot movements of belly dance.
- discuss the use of three props often found in belly dance.
- identify the sound of three musical instruments that are used in belly dance.
- perform one movement for each of the three sections of the body.
- demonstrate the difference between side-travel and forward-travel steps.

DANCE 302 African Dance

Units:	1
Hours:	54 hours LAB
Course Family:	Cultural Dance (http://arc.losrios.edu/course-families#id_100031)
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- perform two African dances from different geographic origins.
- explain why African dance is called the 'Mother of All Dance'.
- discuss the impact of Katherine Dunham's technique on African dance.
- evaluate the usefulness of drumming rhythms in African dance.
- demonstrate the range of motion for a basic African dance arm movement.
- define the African vocabulary word used as a greeting and as a signal to begin an African class or dance.
- choreograph and perform a one-minute African dance with three other dancers.

DANCE 304 Polynesian Dance I

Units:	1
Hours:	54 hours LAB
Course Family:	Cultural Dance (http://arc.losrios.edu/course-families#id_100031)
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- demonstrate typical elements from Hawaiian, Tahitian, and New Zealand dance.
- compare and contrast the dances of Hawaii and Tahiti.
- identify individual Polynesian dances by origin.
- warm up using basic movements taken from one New Zealand dance.
- identify the time period of a dance learned in class.
- distinguish one Polynesian cultural dance from another and illustrate the difference in rhythm and step.
- explain the history of dance within each Polynesian culture.
- identify the geographic and cultural origins of a dance learned in class.

DANCE 305 Hawaiian Dance I

Units:	1
Hours:	54 hours LAB
Course Family:	Cultural Dance (http://arc.losrios.edu/course-families#id_100031)
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- perform ten typical elements of Hawaiian dance.
- explain the differences between the styles of hula called Kahiko and Auana.
- recognize and list the time period and historical context of each dance studied.
- analyze and chart the geographic and cultural origins of each dance studied.

- identify key dance steps and break down the timing, rhythm, and placement in one dance sequence.
- design and create a fresh foliage adornment for Hawaiian dance.

DANCE 306 Polynesian Dance II

Units:	1
Hours:	54 hours LAB
Course Family:	Cultural Dance (http://arc.losrios.edu/course-families#id_100031)
Prerequisite:	None.
Enrollment Limitation:	DANCE 304 with a grade of "C" or better or by audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- state the time period and historical context of each dance studied.
- perform a three-minute Polynesian dance.
- correctly spell and pronounce 25 Polynesian vocabulary words.
- write a three-page critique of a live or DVD Polynesian dance performance.
- choreograph a brief contemporary Polynesian dance that uses elements of technique from New Zealand or Tahiti dance.

DANCE 307 Hawaiian Dance II

Units:	1
Hours:	54 hours LAB
Course Family:	Cultural Dance (http://arc.losrios.edu/course-families#id_100031)
Prerequisite:	None.
Enrollment Limitation:	DANCE 305 with a grade of "C" or better or by audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- recite the history and meaning of three traditional Hawaiian dances.
- explain the importance of continuing to teach the tradition of hula dances.
- describe the effects of European influence on the traditions of Hawaiian dance and culture.
- list the consequences of continuing to allow European traditions, adornments, and rhythms to invade or overwhelm the traditional practices of hula dance.
- create and use in context the traditional adornments for three dances.
- tell the story of connecting with ancestors and the kind of communication with them that is said to be embedded within the act of performing a hula dance.

DANCE 310 Jazz Dance I

Units:	1
Hours:	54 hours LAB
Course Family:	Jazz Dance Technique (http://arc.losrios.edu/course-families#id_100032)
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- define the concepts of dancing full-out, eating space, marking, and dancing on the beat.
- demonstrate within a group, a two-minute jazz dance combination.
- write an evaluation of the basic technique used in a live dance concert.
- explain the origins of three different jazz dance styles.
- list three basic errors in alignment.
- break down a difficult combination or transition by slowing it down, saying it out loud, and greatly enlarging the movements.

DANCE 312 Jazz Dance II

Units:	1
Hours:	54 hours LAB
Course Family:	Jazz Dance Technique (http://arc.losrios.edu/course-families#id_100032)
Prerequisite:	None.
Enrollment Limitation:	DANCE 310 with a grade of "C" or better or by audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- perform a two-minute jazz dance combination within a group.
- write a critique of a live dance concert performance with the emphasis on expressing and defending a personal opinion concerning the technique of dancers in the performance.
- use two learning styles for learning complicated movement.
- apply one theory of jazz dance technique to a full warm up series.
- name the most common error in isolation technique of moving the head, neck, and shoulders.
- identify the originator of one theory of jazz dance technique.
- explain the progression of movement for chasse kick ball change, rocking horses, and run, run, grand jete.

DANCE 313 Jazz Dance III

Units:	1
Hours:	54 hours LAB
Course Family:	Jazz Dance Technique (http://arc.losrios.edu/course-families#id_100032)
Prerequisite:	None.
Enrollment Limitation:	DANCE 312 with a grade of "C" or better or by audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- execute two jazz pirouettes, turning in plie, ending in eleve, with proper jazz alignment, and placing the final foot down after the balance in eleve.
- perform a one-minute jazz dance combination with flawless execution.
- use at least one learning method that empowers quick-study learning for dance.
- write a critique of a live dance concert focusing on the showmanship and technique of the dancers.
- recite the progression of the foot and leg as it comes out of any jump or leap and reaches the floor.
- explain the consequences of over-rotation, incorrect alignment, over-extended arms and over-shot foot placement on multiple turns.

DANCE 314 Jazz Dance IV

Units:	1
Hours:	54 hours LAB
Course Family:	Jazz Dance Technique (http://arc.losrios.edu/course-families#id_100032)
Prerequisite:	None.
Enrollment Limitation:	DANCE 313 with a grade of "C" or better or by audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- translate the shape of the turn and circumference of the circle made by the arms into the speed of the turn.
- manipulate shape, angles, energy, and speed to move the body in dance.
- support a balance with the breath by feeling the center of the movement being controlled or released from within the core of the body.
- explain why movements from the floor to standing and from standing to the floor are said to be the most difficult transitions for dancers to make.
- execute eight eight-counts of high energy movement in a presto tempo and an adagio manner without losing the percussive values of the jazz style movement.
- perform a series of center turns with up to four turns integrating showmanship and flawless execution with the technique.

DANCE 315 Jazz Dance V

Units:	1
Hours:	54 hours LAB
Course Family:	Jazz Dance Technique (http://arc.losrios.edu/course-families#id_100032)
Prerequisite:	None.
Enrollment Limitation:	DANCE 314 with a grade of "C" or better or by audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2

Catalog Date: June 1, 2020

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.

Student Learning Outcomes

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

- evaluate a live dance concert for the showmanship, technique, and execution that the dancers exhibit in the performance of their dances.
- create innovative movement that can be expressed in a solo combination by combining jazz styles and using research findings to add cultural content.
- demonstrate a one-minute jazz dance in two different styles of jazz.
- identify the origins of two different styles of jazz dance.
- dramatize a jazz dance combination by transferring the emotional qualities and subtext of a newspaper story into movement for emotional content.
- manipulate a standard dance frame or alignment to support an off-balance movement.
- explain how jazz dance reflects the social and political climate of its era.

DANCE 320 Ballet I

Units: 1
Hours: 54 hours LAB
Course Family: [Ballet Technique \(http://arc.losrios.edu/course-families#id_100033\)](http://arc.losrios.edu/course-families#id_100033)
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

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.

Student Learning Outcomes

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

- identify 25 ballet steps as you see them correctly performed.
- explain the relationship of the working foot to the floor in a beginning progression of first position tendu, degage, and grand battement barre exercises.
- use constructive criticism for beginning ballet partner work.
- list the three countries that were the most active in the early evolution of classical ballet.
- explain the use of open fourth and open fifth positions as they relate to the idea of forced turnout in beginning ballet.
- perform basic positions one through five and reverence using proper alignment.
- demonstrate a chaine turn with a final pose ending.

DANCE 321 Ballet II

Units: 1
Hours: 54 hours LAB
Course Family: [Ballet Technique \(http://arc.losrios.edu/course-families#id_100033\)](http://arc.losrios.edu/course-families#id_100033)
Prerequisite: None.
Enrollment Limitation: DANCE 320 with a grade of "C" or better or by audition.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

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.

Student Learning Outcomes

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

- demonstrate a one-minute ballet combination that incorporates steps from the vocabulary list.
- critique a live dance concert by using the errors made and the excellence achieved by the performers.
- define twenty-five ballet vocabulary words and spell them correctly.
- identify the French king who was responsible for most of the development of codified classical ballet.
- explain the origin and meaning of the word cambre.
- explain the relationship between the foot and the floor in the barre exercises tendu, degage, and grand battement.

DANCE 322 Ballet III

Units: 1
Hours: 54 hours LAB
Course Family: [Ballet Technique \(http://arc.losrios.edu/course-families#id_100033\)](http://arc.losrios.edu/course-families#id_100033)
Prerequisite: None.
Enrollment Limitation: DANCE 321 with a grade of "C" or better or by audition.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

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.

Student Learning Outcomes

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

- critique a live dance concert by offering kudos for the selections that were met with approval and alternative solutions for errors in technique, presentation, execution or showmanship.
- demonstrate a one-minute ballet combination that incorporates steps that are included on the vocabulary list.
- identify the correct spelling and definition for twenty-five words of ballet vocabulary
- execute a fluent double pirouette right and left.
- explain concepts for training jumps by formulating a strategy for or against bringing the heels down at the end of each jump.
- perform a developpe extension in second of either leg and hold for five seconds on flat without assistance from the barre.

DANCE 323 Ballet IV

Units:	1
Hours:	54 hours LAB
Course Family:	Ballet Technique (http://arc.losrios.edu/course-families#id_100033)
Prerequisite:	None.
Enrollment Limitation:	DANCE 322 with a grade of "C" or better or by audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- critique a live dance concert with emphasis on suggestions for correcting errors in technique.
- perform a two-minute dance that includes developpe, pirouette, arabesque, and attitude.
- explain the reasoning behind creating steps that were designed only for royals to perform.
- describe the progress of a fouette that flips but does not turn.
- explain why, in a pique turn, one leg never straightens and the other never bends.
- spell 25 words of vocabulary used in this class.

DANCE 324 Ballet V

Units:	1
Hours:	54 hours LAB
Course Family:	Ballet Technique (http://arc.losrios.edu/course-families#id_100033)
Prerequisite:	None.
Enrollment Limitation:	DANCE 323 with a grade of "C" or better or by audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- perform a double pirouette right and left.
- critique a professional or regional ballet performance.
- explain the reason we speak mostly French in ballet class and give credit to the artist responsible.
- demonstrate an Italian attitude, a professional American attitude, and a Russian attitude and explain the differences.
- explain why a perfect reverence will have the head lowered far enough to show the crown of the head.
- perform a two-minute partner dance in a character style.

DANCE 326 Ballet: Variations and Combinations

Units:	2
Hours:	18 hours LEC; 54 hours LAB
Course Family:	Ballet Technique (http://arc.losrios.edu/course-families#id_100033)
Prerequisite:	None.
Enrollment Limitation:	DANCE 324 or DANCE 325 or by audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- explain how the execution of a classical ballet variation is both a work of art and an athletic endeavor.

- describe which major muscle groups are called upon for strength in dancing either the man's or woman's Bluebird Variation from the Sleeping Beauty ballet.
- research a classical variation and notate what others have said about its historical value to classical ballet as danced by several ballerinas or danseurs.
- explain the value of learning classical variation materials.
- paraphrase the story of at least one classical ballet and pinpoint the social crisis or human dilemma from the ballet that is still in evidence today.
- clarify the use of variations within a classical ballet by describing the focus of the ballet and how this variation exists within it.
- perform one classical ballet variation and one contemporary ballet combination.
- display a portfolio in which an electronic recording of your performance of one classical variation and one contemporary ballet combination is included.

DANCE 330 Modern Dance I

Units:	1
Hours:	54 hours LAB
Course Family:	Modern Dance Technique (http://arc.losrios.edu/course-families#id_100034)
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- explain proper alignment for modern dance.
- describe the quality of movement known as percussive.
- list the movement progression and breathing pattern for a suspend-release fall.
- create an across-the-floor combination that includes vibratory and sustained movements.
- demonstrate a running triplet.
- write a live dance performance critique.

DANCE 332 Modern Dance II

Units:	1
Hours:	54 hours LAB
Course Family:	Modern Dance Technique (http://arc.losrios.edu/course-families#id_100034)
Prerequisite:	None.
Enrollment Limitation:	DANCE 330 with a grade of "C" or better or by audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- create a one-minute piece of choreography using the explorations, technique, and topics studied in class.
- spell twenty five words from the modern dance vocabulary list used for this course.
- explain the energy, momentum, and flow for a dancer moving side to side across the floor.
- explain what is meant by the shout, "Eat space!"
- critique a formal live dance concert.
- define the meaning of full out, mark, and hand mark.

DANCE 333 Modern Dance III

Units:	1
Hours:	54 hours LAB
Course Family:	Modern Dance Technique (http://arc.losrios.edu/course-families#id_100034)
Prerequisite:	None.
Enrollment Limitation:	DANCE 332 with a grade of "C" or better or audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- perform a two-minute piece of choreography that is developed from explorations included in this course.
- critique the technical ability of dancers in a live dance company performance.
- spell twenty-five modern dance vocabulary words from the vocabulary list for this class.
- present thirty-six eight counts of choreography utilizing the concepts of space, making shapes, and changing intensity that were taught in class.

- perform the same unaccompanied sixteen counts of movement in a fast tempo, a slow-motion speed, and at a moderate rate.
- explain the progression of movement for landing in a modern jump.

DANCE 334 Modern Dance IV

Units:	1
Hours:	54 hours LAB
Course Family:	Modern Dance Technique (http://arc.losrios.edu/course-families#id_100034)
Prerequisite:	None.
Enrollment Limitation:	DANCE 333 with a grade of "C" or better or by audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- explain the concept of working out the middle of the dance before choreographing the beginning or the end.
- write a critique of the choreography for a live dance performance.
- create dance movement out of gestures.
- choreograph and perform a one-minute, modern dance solo.
- explain sustained movement and why it is such an easy source of contrast.
- identify movements that reveal the dancer as an athlete.
- apply the concepts of Haiku poetry to dance movement and beats.

DANCE 335 Modern Dance V

Units:	1
Hours:	54 hours LAB
Course Family:	Modern Dance Technique (http://arc.losrios.edu/course-families#id_100034)
Prerequisite:	None.
Enrollment Limitation:	DANCE 334 with a grade of "C" or better or by audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- choreograph a three-minute piece of dance using the essence of topics selected in class such as fear, horror, and safety.
- critique a dance performance that includes the dancers' biographies, educational degrees and dance training.
- explain the progression and intensity of a movement that has the quality of a full body wave, ripple, and droplet of water.
- create a series of movements that flow with, explain, and illustrate the essence of a Haiku poem.
- explain the theory behind retrograde movement and why some parts of it are impossible to execute.
- tell a story through dance that has a beginning, a middle, and an end, but change the order of the dance story to the ending first, the beginning in the middle, and the middle in the end.
- use walking as a dance movement.

DANCE 340 Ballroom Dance

Units:	1
Hours:	54 hours LAB
Course Family:	Ballroom Dance Technique (http://arc.losrios.edu/course-families#id_100035)
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- exhibit proper alignment and dance form for a ballroom dancer.
- explain the etiquette and social refinements of ballroom dance.
- show tolerance and respect for the ideas and abilities of others during a dance routine.
- identify the appropriate dance style for a specific piece of music.
- explain how leading and following techniques utilize nonverbal communication skills.
- use dance etiquette to put dance partners at ease and allow for a more positive dancing experience.
- demonstrate a one-minute basic dance routine.

DANCE 341 Ballroom Dance II

Units:	1
Hours:	54 hours LAB
Course Family:	Ballroom Dance Technique (http://arc.losrios.edu/course-families#id_100035)
Prerequisite:	None.
Enrollment Limitation:	DANCE 340 with a grade of "C" or better or by audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- diagram the appropriate foot pattern and steps for both partners in a basic waltz.
- evaluate the role of proper dance frame and alignment for non-verbal communication in ballroom dance.
- demonstrate social dance etiquette in partnering.
- detail the need for dance etiquette in dealing effectively with the limitations of others on the dance floor.
- chart the foot patterns of both partners for East Coast swing, West Coast swing, and basic swing dance.
- analyze and correct errors in performance related to foot position, dance positions, and technique.

DANCE 342 Ballroom Dance III: Club Dancing

Units:	1
Hours:	54 hours LAB
Course Family:	Ballroom Dance Technique (http://arc.losrios.edu/course-families#id_100035)
Prerequisite:	None.
Enrollment Limitation:	DANCE 341 with a grade of "C" or better or by audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- explain the importance of listening, counting, and using a line of dance.
- debate the pros and cons of the dress codes that are imposed on elite, slammer, and middle-sized dance clubs.
- define the greatest historical safety threat involving ballrooms, discos, and clubs.
- create an original amalgamation of a dance phrase.
- clarify the importance of the names Skippy Blair, Latin Symbolics Dance Company, Tony Manero, and Van McCoy in the world of disco and nightclub dance and identify which are fictional and which are real.
- recite the footwork for a basic nightclub two-step and choose a piece of current music to dance to in this style.
- explain to a partner the need for non-verbal communication in club dances.

DANCE 343 Ballroom Dance IV: Latin

Units:	1
Hours:	54 hours LAB
Course Family:	Ballroom Dance Technique (http://arc.losrios.edu/course-families#id_100035)
Prerequisite:	None.
Enrollment Limitation:	DANCE 341 with a grade of "C" or better or by audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- predict the outcome of movement errors in direction and the consequences of proceeding in the incorrect direction.
- demonstrate the Latin dance paso doble and explain the meaning and subtext for this dance.
- sketch or draw out a salsa dance costume design for both partners and describe how the length of a skirt or any additions might improve the look of the dancing partners together.
- summarize the differences and similarities in foot patterns, music and meaning for the salsa, rhumba, and samba dances.
- outline a plan of study to learn a choreographed routine for a cha-cha and use some improvisations.
- originate an amalgamation or an improvisation in the Latin style, keeping the movement smooth and continuous.

DANCE 344 Ballroom Dance V: Swing

Units: 1
Hours: 54 hours LAB
Course Family: [Ballroom Dance Technique \(http://arc.losrios.edu/course-families#id_100035\)](http://arc.losrios.edu/course-families#id_100035)
Prerequisite: None.
Enrollment Limitation: DANCE 342 with a grade of "C" or better or by audition.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

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.

Student Learning Outcomes

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

- diagram foot patterns for both partners in a single-time swing, double-time swing, and triple-time swing.
- experiment with turns for an East Coast swing and come up with an innovation or amalgamation for one segment of the dance.
- report the story that began the dance phenomenon and goes along with the name for the Lindy hop.
- recommend appropriate music for a West Coast swing, an East Coast swing, and a Lindy hop.
- demonstrate in slow motion the common outcomes for errors when using one hand for single-time, double-time or triple-time swing steps.
- produce a section of improvisation, an amalgamation of styles, and an innovative turn for any swing dance.

DANCE 345 Ballroom Dance VI: Tango

Units: 1
Hours: 54 hours LAB
Course Family: [Ballroom Dance Technique \(http://arc.losrios.edu/course-families#id_100035\)](http://arc.losrios.edu/course-families#id_100035)
Prerequisite: None.
Enrollment Limitation: DANCE 343 with a grade of "C" or better or by audition.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

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.

Student Learning Outcomes

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

- exhibit showmanship and technique in a one-minute Argentine tango dance routine.
- chart the foot patterns for both partners in two styles of tango.
- define the origins and history of tango.
- create and add video to a portfolio that includes tango styles and demonstrates achievement of required proficiency levels.
- interview your partner, using ballroom etiquette to discern their level of interest in swango, Argentine tango, and American tango styles.
- explain the need for non-verbal communication in both social Tango and competitive tango improvisations.
- discuss the showmanship necessary to execute the quality of passion in a respectful, realistic manner.

DANCE 348 Ballroom Challenge: Competition and Performance

Units: 1
Hours: 54 hours LAB
Course Family: [Ballroom Dance Technique \(http://arc.losrios.edu/course-families#id_100035\)](http://arc.losrios.edu/course-families#id_100035)
Prerequisite: None.
Enrollment Limitation: Audition
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

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.

Student Learning Outcomes

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

- perform three competition-level routines for ballroom dance.
- discuss the value of confidence in showmanship and technique.
- chart memorization progress through the use of repetition with feedback and critique.
- identify the process by which a ballroom routine is recorded.
- construct a list of ten elements vital to a ballroom dance performance.
- demonstrate proper partner positions, alignment, footwork, and focus.
- express a professional attitude and apply an aura of joy in dancing.
- clarify the difference between practice and performance.

DANCE 351 Urban Hip Hop I

Units: 1
Hours: 54 hours LAB
Course Family: [Hip Hop Technique and Competition \(http://arc.losrios.edu/course-families#id_100036\)](http://arc.losrios.edu/course-families#id_100036)

Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- compare and contrast Old Style, Breakin', Poppin', Lockin' and current Freestyle moves.
- demonstrate a warm up that is designed to support the body during Freestyle moves.
- identify the origins of Hip Hop dance and its role in Hip Hop culture.
- identify one East Coast Old School dancer and compare their style to that of one West Coast Old School dancers.
- explain the origins of Capoeira, Soulstepping, Stomp, and Drill Team.
- demonstrate one Poppin' and one Lockin' movement.

DANCE 352 Urban Hip Hop II

Units:	1
Hours:	54 hours LAB
Course Family:	Hip Hop Technique and Competition (http://arc.losrios.edu/course-families#id_100036)
Prerequisite:	None.
Enrollment Limitation:	DANCE 351 with a grade of "C" or better or by audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- compare Old School moves with New School moves.
- create a choreographed dance combination by building on the steps taught in class.
- interpret musical timing during a thirty-second improvisational performance of Freestyle urban Hip Hop dance.
- identify ten urban Hip Hop dance steps by name when performed correctly.
- perform a three-minute urban Hip Hop dance.
- create a clear visual punch line within an urban Hip Hop dance combination.

DANCE 353 Urban Hip Hop III

Units:	1
Hours:	54 hours LAB
Course Family:	Hip Hop Technique and Competition (http://arc.losrios.edu/course-families#id_100036)
Prerequisite:	None.
Enrollment Limitation:	DANCE 352 with a grade of "C" or better or by audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- perform a three-minute urban Hip Hop dance that includes floor work, a spot turn, and a punchline move.
- explain the origins of B-boys and B-girls.
- create a signature dance move based on your own dance persona.
- identify Turfing, Waving, and Bone Breaking styles when performed.
- perform a one-minute Freestyle center dance to familiar music.
- demonstrate three differences between Old School moves and New School moves.

DANCE 354 Urban Hip Hop IV

Units:	1
Hours:	54 hours LAB
Course Family:	Hip Hop Technique and Competition (http://arc.losrios.edu/course-families#id_100036)
Prerequisite:	None.
Enrollment Limitation:	DANCE 353 with a grade of "C" or better or by audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- choreograph a dance that shows the origins and history of urban Hip Hop dance by using two steps from every style covered in class and placing them in chronological order.
- explain how showmanship, facial expression and dynamics can be helpful in order to play up the emotion or the storytelling aspect of a random piece of battle music.
- perform a solo thirty-second Freestyle combination to music that is chosen at random.
- build upon the movements of other dancers while battling by biting their moves and re-creating them as a challenge in difficulty.
- explain the moves that lead to a bite, a burn or a Kill Off.
- list the three elements that need to be discovered about the other dancers in a Freestyle battle.
- insert a joke punch line while battling with another dancer by pulling the joke punch line on them or their moves.

DANCE 360 Tap Dance I

Units:	1
Hours:	54 hours LAB
Course Family:	Tap Dance Technique (http://arc.losrios.edu/course-families#id_100037)
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- identify at least eighteen single and amalgamated tap steps.
- demonstrate the components of performance alignment, shuffle step, shuffle ball change, and flap ball change.
- demonstrate clarity of tap sounds within a group.
- critique a live dance concert using knowledge of basic tap dance technique.
- explain the progression of tap sounds for eight basic tap steps.
- perform a three-minute basic tap dance routine.

DANCE 361 Tap Dance II

Units:	1
Hours:	54 hours LAB
Course Family:	Tap Dance Technique (http://arc.losrios.edu/course-families#id_100037)
Prerequisite:	None.
Enrollment Limitation:	DANCE 360 with a grade of "C" or better or by audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- identify at least thirty single and amalgamated rhythm tap steps.
- combine steps to form basic choreography for combinations.
- apply double and triple sounds to steps previously learned as singles.
- critique a dance performance focusing on appropriate tap technique.
- execute proper tap technique for sound by striking, brushing, or placing the correct part of the foot onto the floor.
- perform two three-minute tap routines.

DANCE 362 Tap Dance III

Units:	1
Hours:	54 hours LAB
Course Family:	Tap Dance Technique (http://arc.losrios.edu/course-families#id_100037)
Prerequisite:	None.
Enrollment Limitation:	DANCE 361 with a grade of "C" or better or by audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- identify a vocabulary of at least forty single and amalgamated tap steps.

- demonstrate clarity of single tap sounds.
- explain and execute sound qualities for riffs one through eight.
- perform two three-minute tap routines that utilize steps learned in class.
- choreograph a series of tap steps in sequence that create a combination of twenty-four counts of eight.
- identify a progression of tap steps by name when they are demonstrated correctly.

DANCE 363 Tap Dance IV

Units:	1
Hours:	54 hours LAB
Course Family:	Tap Dance Technique (http://arc.losrios.edu/course-families#id_100037)
Prerequisite:	None.
Enrollment Limitation:	DANCE 362 with a grade of "C" or better or by audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- perform a three-minute tap dance that contains a tap turn, a cut time section, and one sequence with a break.
- explain the origins of the heels-off Irish tap style and the reason for the lack of arm movements in traditional Irish dance.
- execute a series of eight front Irish, back Irish, and traveling Buffalo steps.
- repair a broken tap or buckle with two minutes.
- execute a syncopated time step expanded into three extra counts.
- identify an Irish-based tap sequence, a military tap sequence, and a waltz clog.

DANCE 364 Tap Dance V

Units:	1
Hours:	54 hours LAB
Course Family:	Tap Dance Technique (http://arc.losrios.edu/course-families#id_100037)
Prerequisite:	None.
Enrollment Limitation:	DANCE 363 with a grade of "C" or better or by audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- critique a live dance performance.
- explain a' Capella tap.
- perform a one-minute tap routine choreographed in a traditional, heels off, Irish tap style.
- define the system used to record tap dances in their totality by means of symbols, signs, and abbreviations.
- spell 25 words from the tap vocabulary list.
- explain what happened during the Harlem Renaissance.
- perform an A' Capella tap dance in Shuffle Stride and Vaudeville styles.
- identify the elements of tap that come from an African tradition, an Irish tradition, and an African American tradition.

DANCE 377 Musical Theatre Dance I

Units:	2
Hours:	18 hours LEC; 54 hours LAB
Course Family:	Musical Theatre Dance (http://arc.losrios.edu/course-families#id_100038)
Prerequisite:	None.
Enrollment Limitation:	Completion of DANCE 310, 320, 330, 340, or 360, with a grade of "C" or better or by audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- prepare for the musical theatre audition process with practice, intelligent choices, and a fore-knowledge of what is expected.
- convey a basic knowledge of dance history in eras from the twenties until the present.
- summarize one quick-study technique for learning theatre dance.
- explain why self-discipline is necessary in order to dance in the wide range of styles included in musical theatre dance.

- dramatize gestures, impulse actions, and everyday movements into expressions in dance form.
- assemble an organized audition bag containing items needed for an all-day audition and a call back.
- demonstrate the breath control necessary for singing while dancing.

DANCE 390 Contemporary Dance I

Units:	1
Hours:	54 hours LAB
Course Family:	Contemporary Dance Technique (http://arc.losrios.edu/course-families#id_100039)
Prerequisite:	None.
Enrollment Limitation:	DANCE 310, 320, and 330 with a grade of "C" or better, or audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- execute smooth transitions from a gestural movement into a turn and into a fall.
- explain the progression and technique required to give the appearance of moving in a chunky modern transition with a choppy quality to the levels.
- choreograph and perform a one-minute contemporary dance solo.
- produce, for audition purposes, a DVD that includes two still head shot photos and two copies of a self-choreographed contemporary solo performance.
- complete two contemporary-style alternative balance pirouettes.
- discuss the components of contemporary dance
- suggest a way to introduce a new avenue of non-verbal communication between two partners while they are dancing a contemporary pas de deux.

DANCE 401 Pre-Pointe and Conditioning

Units:	1
Hours:	54 hours LAB
Course Family:	Foundations of Dance (http://arc.losrios.edu/course-families#id_100040)
Prerequisite:	None.
Enrollment Limitation:	DANCE 321, 322, 323, 324, or 325, with a grade of "C" or better, or audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- explain the proper ankle structure and revised alignment needed in order to work on pointe.
- execute a fifteen-second balance in first through fifth positions with both feet on the floor.
- perform an echappe with passe balance combination in center completing the combination on balance.
- relate why, when, and for whom the first pointe shoes were made.
- describe the role of imagery, spotting, and breathing in pointe work.
- put on a pair of pointe shoes quickly, placing all ribbons and elastics properly.
- execute up to fifteen minutes of exercises at the barre en pointe or in eleve or releve on flat.
- demonstrate proper care of pointe shoes and ballet flats.

DANCE 402 Elements of Choreography

Units:	1
Hours:	54 hours LAB
Course Family:	Foundations of Dance (http://arc.losrios.edu/course-families#id_100040)
Prerequisite:	None.
Enrollment Limitation:	Completion of DANCE 310, 320, 330, 340, 351, or 360 with a grade of "C" or better or by audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- incorporate twelve elements of choreography into a one-minute dance combination of any style dance.
- demonstrate the basic elements of choreographic composition.
- identify choreography that relies on literal meaning and pantomime when it is performed.
- chart a floor pattern from a section of choreography.
- explain one system of counting beats and movements in a piece of choreography.

- create and present a three-minute piece of original choreography.
- critique a live dance performance.
- explain why it is important to know who the audience is.

DANCE 403 Choreographic Studies

Units:	2
Hours:	18 hours LEC; 54 hours LAB
Course Family:	Foundations of Dance (http://arc.losrios.edu/course-families#id_100040)
Prerequisite:	None.
Enrollment Limitation:	DANCE 402 with a grade of "C" or better or by audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area C1; CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- create a piece of choreography for three or four dancers .
- use a color chart and produce a rendering for a costume suitable for the theme or essence of the piece.
- discuss the most influential choreographers of the Twenty and Twenty-First Centuries.
- explain why choreography is often called a living art form.
- collaborate on a three-minute work of choreography with two other choreographers.
- perform, as a dancer, in a two-minute dance, choreographed by another student.
- venture an opinion on why we say that every work of choreography is a self-portrait.

DANCE 406 Introduction to Improvisation

Units:	2
Hours:	18 hours LEC; 54 hours LAB
Course Family:	Foundations of Dance (http://arc.losrios.edu/course-families#id_100040)
Prerequisite:	None.
Enrollment Limitation:	DANCE 312, 320, or 330 with a grade of "C" or better, or audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- demonstrate a one-minute section of improvisation.
- improvise a one-minute dance through the use of an improvisation menu.
- explain how to feel, or count intuitively, musical phrases.
- select dance steps from memory for an improvisational dance.
- discuss how to listen to music for an improvisational road map of steps, inspiration, impulse, and dance direction.
- compare total improvisation without music, total improvisation to music, and improvisation to music with an improvisation menu plan.
- listen for inner music cues.

DANCE 415 Dance Production: Rehearsal and Backstage Organization

Units:	3
Hours:	36 hours LEC; 54 hours LAB
Course Family:	Dance Composition and Production (http://arc.losrios.edu/course-families#id_100041)
Prerequisite:	None.
Enrollment Limitation:	Audition
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- explain the on-stage areas.
- critique the performance skills of others by means of constructive criticism and suggested rehearsal solutions.
- create a schedule for choreography of a three-minute intermediate technique level dance for performance.
- define the performance space in measurements and levels.
- analyze dance rehearsal and performance space for safety.

- assess and modify problem movement through analytical means during rehearsal.
- review a live performance for application of rehearsal time, technique, and choreographic elements.
- compare and contrast the production values and necessities for modern dance, jazz dance, theatre dance, and ballet.
- choreograph and notate a three minute dance.

DANCE 416 Dance Production: Choreography and Costumes

Units:	3
Hours:	36 hours LEC; 54 hours LAB
Course Family:	Dance Composition and Production (http://arc.losrios.edu/course-families#id_100041)
Prerequisite:	None.
Enrollment Limitation:	Audition.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- define 25 words of vocabulary for dance production.
- rehearse and perform effectively in at least three pieces of choreography with three different costumes for a formal dance concert.
- describe the rehearsal and final dress process for a formal one-to-two-hour dance concert.
- collaborate on the creation of a three-to-ten minute work of original choreography with original costume ideas.
- explain the safety rules that apply to production in terms of backstage behavior before, during, and after performances.
- list the rules concerning eating, drinking, smoking, and costumes.
- list three different ways to deal with a quick change in performance.

DANCE 417 Dance Production: Studio and Stage

Units:	3
Hours:	36 hours LEC; 54 hours LAB
Course Family:	Dance Composition and Production (http://arc.losrios.edu/course-families#id_100041)
Prerequisite:	None.
Enrollment Limitation:	Audition
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- perform a three-minute work of choreography in two different space settings.
- explain the differences between performing in the round, in a black box, on a public street, and on a proscenium stage.
- name two ways to deal with a hair ribbon or clip-on tie lost onstage when performing in the round.
- create a short sequence of choreography that contains both straight lines and circles.
- choreograph a dance for the round and convert it to a proscenium stage performance piece.
- work very closely in a closed trio position.

DANCE 430 Jazz Dance Performance Group

Units:	3
Hours:	36 hours LEC; 54 hours LAB
Course Family:	Dance Performance Group (http://arc.losrios.edu/course-families#id_100043)
Prerequisite:	None.
Enrollment Limitation:	Audition
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- explain multicultural contributions to jazz dance.
- list twelve performance skills.
- deliver historical information for a cultural dance form by speaking directly to a lecture-demonstration audience.
- compare and contrast two cultural dance forms.
- choreograph and notate a lecture-demonstration presentation based on cultural styles that contribute to the jazz dance idiom.
- identify three jazz dance styles by era and choreographer.

- create and lead a warm up for a rehearsal period that includes dancing with head rolls and quick level changes.
- describe mistakes that might happen in a performance situation and propose the best way to adapt to such situations.
- call a piece of choreography by counts, steps, words, and beats.
- compare the performance experience of presenting to a small informal group and performing for three to five hundred people.
- explain how European contact, religion, and war have effected cultural dance performances.

DANCE 431 Performance Group: Master Hip Hop Crew

Units:	3
Hours:	36 hours LEC; 54 hours LAB
Course Family:	Dance Performance Group (http://arc.losrios.edu/course-families#id_100043)
Prerequisite:	None.
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.
Advisory:	DANCE 352 or 353
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- use performance technique to make an audience connection.
- perform a six-minute dance piece that includes improvisation, Freestyle, and choreographed steps.
- explain what should happen if something is accidentally left on the stage during performance.
- repeat the caveat for finding blame for on-stage problems.
- perform three presentational audience connection movements.
- design costumes, choreograph, clean, and rehearse for a four minute crew dance.
- explain the sequence of events and who is responsible for a three-minute crew dance including the calling of places, lights, sound and blackout or fade.
- perform, as part of a crew, in two hours of a choreographed dance concert.

DANCE 432 Dance Performance: Contemporary Dance Alliance

Units:	3
Hours:	36 hours LEC; 54 hours LAB
Course Family:	Dance Performance Group (http://arc.losrios.edu/course-families#id_100043)
Prerequisite:	None.
Enrollment Limitation:	Audition
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- perform in a 3-6 minute work of contemporary dance choreography.
- explain subtext and its relationship to the performance of a contemporary dance piece.
- name two categories of warm up that are appropriate for use in a contemporary dance rehearsal.
- create a sequence of contemporary choreography that is at least one minute in length.
- identify three choreographers who are considered contemporary in style.
- explain the use of verbs, slang language, endowment, and word pictures in contemporary dance.

DANCE 433 Performance Group: ARCH Dance Company

Units:	3
Hours:	36 hours LEC; 54 hours LAB
Course Family:	Dance Performance Group (http://arc.losrios.edu/course-families#id_100043)
Prerequisite:	None.
Enrollment Limitation:	Audition
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area C1; CSU Area E2
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- use positive collaboration tools in order to work with others.

- explain how subtext can be used to make intentions and desires clear.
- explain a "classical" story in a contemporary way.
- identify three well-known choreographers who have created full-length dances on themes of Greek mythology.
- explain the plots from two "classical" ballets.
- identify three choreographic tools to use in foreshadowing.
- suggest the pacing for a dance section leading up to the story climax.
- discuss what is meant by "white" ballets.

DANCE 495 Independent Studies in Dance

Units:	1 - 3
Hours:	54 - 162 hours LAB
Prerequisite:	None.
Transferable:	CSU
General Education:	AA/AS Area III(a)
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- describe the topic, theme, and specific subject matter of an independent dance project.
- discuss the research and events of this independent study.
- present a portfolio of photographs, videos, or other multimedia record of dances, exercises, explorations, or choreography that resulted from this independent study.
- document the development of an independent dance project by means of a narrative journal of events.

DANCE 498 Work Experience in Dance

Units:	1 - 4
Hours:	60 - 300 hours LAB
Prerequisite:	None.
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.
Advisory:	Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.
Transferable:	CSU
General Education:	AA/AS Area III(b); AA/AS Area III(a)
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- demonstrate application of industry knowledge and theoretical concepts in the field of dance related to a transfer degree level career as written in the minimum three (3) learning objectives created by the student and his/her employer or work site supervisor at the start of the course
- make effective decisions, use workforce information, and manage his/her personal career plans.
- behave professionally, ethically, and legally at work, consistent with applicable laws, regulations, and organizational norms.
- behave responsibly at work, exhibiting initiative and self-management in situations where it is needed.
- apply effective leadership styles at work, with consideration to group dynamics, team and individual decision making, and workforce diversity.
- communicate in oral, written, and other formats, as needed, in a variety of contexts at work.
- locate, organize, evaluate, and reference information at work.
- demonstrate originality and inventiveness at work by combining ideas or information in new ways, making connections between seemingly unrelated ideas, and reshaping goals in ways that reveal new possibilities using critical and creative thinking skills such as logical reasoning, analytical thinking, and problem-solving.

DANCE 499 Experimental Offering in Dance

Units:	0.5 - 4
Prerequisite:	None.
Transferable:	CSU
General Education:	AA/AS Area III(a)
Catalog Date:	June 1, 2020

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