

DANC 37.1 Course Outline as of Summer 2025**CATALOG INFORMATION**

Dept and Nbr: DANC 37.1 Title: BALLROOM DANCE I
 Full Title: Ballroom Dance I
 Last Reviewed: 3/9/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	2.00	3	Lab Scheduled	35.00
		Contact DHR	0		Contact DHR	0
		Contact Total	2.00		Contact Total	35.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 17.50

Total Student Learning Hours: 52.50

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: DANCE 37.1

Catalog Description:

This course establishes a solid foundation in ballroom dance technique and basic skills. Dances may include: foxtrot, waltz, swing, and cha cha, with possible introduction to other ballroom dances and/or Latin dances.

Prerequisites/Corequisites:**Recommended Preparation:**

Course Completion of DANCE 10.1

Limits on Enrollment:**Schedule of Classes Information:**

Description: This course establishes a solid foundation in ballroom dance technique and basic skills. Dances may include: foxtrot, waltz, swing, and cha cha, with possible introduction to other ballroom dances and/or Latin dances. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of DANCE 10.1

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:

IGETC:	Transfer Area	Effective:	Inactive:
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CSU Transfer:	Transferable	Effective:	Spring 1996	Inactive:
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UC Transfer:	Transferable	Effective:	Spring 1996	Inactive:
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CID:

Certificate/Major Applicable:

Both Certificate and Major Applicable

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Execute and analyze basic ballroom dance vocabulary, both movement vocabulary and terminology.
2. Apply and integrate knowledge of dance techniques, styling, musicality, and etiquette in the performance of common ballroom dances.

Objectives:

At the conclusion of this course, the student should be able to:

1. Demonstrate the basic skills and steps of common ballroom dances.
2. Demonstrate proper ballroom dance alignment.
3. Apply basic ballroom dance terminology.
4. Demonstrate proper technique in leading and/or following a partner.
5. Perform footwork, rhythms, and basic patterns of common ballroom dances.
6. Identify basic rhythmic concepts incorporated in ballroom dances and relate them to the execution of dance movement.
7. Count basic ballroom dance movement sequences.
8. Discuss the historical origins of common ballroom dances.
9. Apply elements of styling as appropriate for each ballroom dance.
10. Utilize proper ballroom dance protocol and etiquette.

Topics and Scope:

This course covers a variety of ballroom dance styles - waltz, swing, cha cha, and foxtrot and may also include an introduction to the following: mambo, salsa, tango, samba, rumba and nightclub two-step.

I. History of Selected Dances

- A. Origins and cultural background
- B. Role of music in development of dances

II. Basic Techniques in Leading and Following Ballroom Dance Movements

- A. Correct postures and holds
- B. Partnering
- C. Floor craft: moving around a crowded social dance floor easily

III. Musicality

- A. Recognition of a variety of meters and tempos in dance movement and musical accompaniment
- B. Use of rhythmic variation
- C. Relating dance movement to musical styles

IV. Basic Ballroom Vocabulary

- A. Footwork patterns
- B. Holds
- C. Basic elements common to all ballroom dances
- D. Proper alignment

V. Styling (will vary depending on dances being studied) Examples:

- A. Rise and fall in foxtrot and waltz
- B. Cuban motion in cha cha
- C. Bounce in swing

VI. Ballroom Dance Etiquette

Assignment:

Students are expected to spend an additional one hour per week outside of class completing one or more of the following assignments:

Lab-Related Assignments:

1. Practice and demonstration of ballroom material presented in class (including verbalization of patterns and counts)
2. Partner activities focusing on dance technique
3. Performance exam(s) (1 - 3)
4. Note-taking in class when appropriate
5. Midterm and final exam

Lecture-Related Assignments:

1. Weekly practice of skills and patterns presented in class
2. Performance of exercises to strengthen and/or stretch muscle groups required to executed dance movements
3. Reading of class handouts and/or selected readings (5-10 pages per week)
4. Written critique of a dance piece or performance
5. Viewing and learning new material from instructional dance videos

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Critique, note taking

Writing 0 - 10%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving
0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exam(s),

Skill Demonstrations
20 - 40%

Exams: All forms of formal testing, other than skill performance exams.

Midterm and final exam

Exams
20 - 40%

Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation

Other Category
40 - 60%

Representative Textbooks and Materials:

Ballroom Dancing. 10th ed. Moore, Alex and Richardson, Philip. Routledge. 2002 (classic)
Instructor prepared materials