

**DANC 37.2 Course Outline as of Summer 2025****CATALOG INFORMATION**

Dept and Nbr: DANC 37.2 Title: BALLROOM DANCE II

Full Title: Ballroom Dance II

Last Reviewed: 8/28/2023

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 37.2

**Catalog Description:**

Students will continue to learn the fundamentals of social ballroom dance. Students will demonstrate skills, technique, and step patterns of greater complexity in foxtrot, waltz, cha cha, and swing. Students will also be introduced to the basic skills and patterns of rumba, samba, tango, and Viennese waltz.

**Prerequisites/Corequisites:****Recommended Preparation:**

Course Completion of DANCE 37.1

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

Description: Students will continue to learn the fundamentals of social ballroom dance. Students will demonstrate skills, technique, and step patterns of greater complexity in foxtrot, waltz, cha cha, and swing. Students will also be introduced to the basic skills and patterns of rumba, samba, tango, and Viennese waltz. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of DANCE 37.1

Limits on Enrollment:

Transfer Credit: CSU;UC.

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

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:	
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:	
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:	
<b>CSU Transfer:</b>	Transferable	Effective:	Spring 2018	Inactive:
<b>UC Transfer:</b>	Transferable	Effective:	Spring 2018	Inactive:

### **CID:**

### **Certificate/Major Applicable:**

Certificate Applicable Course

## **COURSE CONTENT**

### **Student Learning Outcomes:**

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

1. Demonstrate fundamentals of at least 3 of the following ballroom dance techniques: waltz, foxtrot, swing, cha cha, lindy hop, paso doble, and mambo.
2. Apply a variety of ballroom dance techniques with a partner, demonstrating beginning knowledge of proper steps, partnering techniques, patterns, technical capabilities, and musicality.

### **Objectives:**

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

1. Demonstrate individually the step patterns with appropriate skills of the beginning-intermediate level of waltz, foxtrot, swing and cha cha and the basic level of lindy hop, paso doble and mambo.
2. Demonstrate proper alignment and dance positions incorporating ballroom dance skills with a partner.
3. Apply all dances studied during the course in a social ballroom setting.
4. Describe the step patterns and movement vocabulary using proper ballroom dance terminology.
5. Discuss the historical origins of common ballroom dances.
6. Compare and contrast the dances studied.
7. Utilize proper ballroom protocol and etiquette.
8. Identify beginning-intermediate rhythmic concepts incorporated in ballroom dances and relate them to the execution of dance movement.

### **Topics and Scope:**

- I. Intermediate Level Skills and Patterns in Waltz, Foxtrot, Swing Cha Cha, Lindy Hop, Paso Doble, and Mambo
  - A. Basic step patterns and skills review as preparation for new material

1. Dance positions (holds) and posture
  2. Lead and follow
  3. Rhythm and count
  4. Footwork
  5. Style
  6. Room alignment
- B. New step patterns and skills
1. More complex combinations of dance position, rhythm, lead/follow, footwork, and turn amount
  2. Continuity within and between patterns
  3. New skills
    - a. Pivot turn
    - b. Corkscrew turn
    - c. Swivel
    - d. Chassis
    - e. Torso lead and follow
    - f. Body ripple
  4. Rhythm syncopations
  5. Swing style or type variations
    - a. West coast
    - b. Lindy
    - c. Flying lindy
    - d. Jive
  6. Styling
    - a. Cha cha upper and lower body Cuban motion
    - b. Waltz and foxtrot rise and fall
    - c. Head, arm, and hand movement
    - d. Swing variations: bounce, smooth, or jump
- II. New Dances: Lindy Hop, Paso Doble, Mambo, Quickstep
- A. Historical origins
1. Role of music
  2. Cultural influences
- B. General characteristics
1. Spot or body flight dance
  2. Rhythm or smooth dance
  3. Basic rhythms, tempos, and music
- C. Basic step patterns and skills
1. Dance position and posture
  2. Footwork
  3. Lead/follow
  4. Continuity within and between patterns
  5. Room alignment for tango and Viennese waltz
  6. Relationship to previously learned patterns in same and other dances
- D. Specific style characteristics
1. Rumba Cuban motion
  2. Viennese waltz rise and fall
  3. Tango crouch, drag, contrabody dance position fan
  4. Samba bounce and roll
- III. Floorcraft
- A. Line of dance travel and room alignment
- B. Spatial awareness
1. Other couples on the dance floor

- 2. Immovable objects such as walls
- C. Problem solving
  - 1. Crowded conditions
  - 2. Rouge dance
- IV. Musicality
  - A. Various tempos
  - B. Various musical styles for individual dances
  - C. Meter recognition
  - D. Phrasing dance to the musical phrases
  - E. Personal interpretation of music
- V. Vocabulary
  - A. Step patterns
  - B. Technique
  - C. Dance positions
  - D. Musical
  - E. Room alignment
- VI. Pattern Analysis
  - A. Elements of pattern analysis
  - B. Methods of writing and diagramming
- VII. Related Topics in Social Dance
  - A. Salsa, mambo, and Latin influences
  - B. Disco dances
  - C. Country western dance
  - D. International style ballroom
  - E. Argentine tango
- VIII. Ballroom Dance Etiquette

### **Assignment:**

#### Skill Demonstration Assignments

1. Practice and demonstration of ballroom skills and patterns including verbalization of patterns and counts
2. Performance of exercises to strengthen and/or stretch muscle groups required to executed dance movements
3. Partner work focusing on ballroom dance technique and combinations

#### Writing Assignments and Exams

1. Vocabulary exams
2. History of Ballroom Dance exams
3. Performance feedback essays

#### Skill Exams, such as:

1. Performance exams (1-3)
2. Final performance exam

#### Other Assignments, such as:

1. Journaling in class when appropriate
2. Viewing and learning new material from instructional dance videos
3. Viewing of ballroom performances or competitions with written comments on technique, musicality, identification of style and patterns
4. Participation during class time.

## 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.

Vocabulary; history exams; performance feedback

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 practice and demonstrations; performance exercises; partner work; skills exams

Skill Demonstrations  
20 - 40%

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

Skills exams

Exams  
20 - 40%

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

Other Assignments; attendance

Other Category  
40 - 60%

## Representative Textbooks and Materials:

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