

College of San Mateo
Official Course Outline

1. **COURSE ID:** DANC 151.1 **TITLE:** Social Dance I
Semester Units/Hours: 0.5 - 1.0 units; a minimum of 24.0 lab hours/semester; a maximum of 48.0 lab hours/semester
Method of Grading: Grade Option (Letter Grade or P/NP)

2. **COURSE DESIGNATION:**

Degree Credit

Transfer credit: CSU; UC

AA/AS Degree Requirements:

CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education

CSU GE:

CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2

3. **COURSE DESCRIPTIONS:**

Catalog Description:

This is an introductory Social Dance class geared to beginners and taught with an emphasis on the social aspects of dance. The basics of several dance styles are taught, with attention paid to footwork, posture, and the arts of leading, following, and co-creating a dance. Each semester dances are selected from the following list: East Coast Swing, Triple Step Swing, Slow Waltzes, Cha cha, Night Club Two- Step, Tango, Foxtrot, Rumba, Merengue and Salsa. Partners are not required; no prior experience needed.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Execute the basics and several variations in Swing, Waltz, Latin and Smooth dance styles at a beginning level.
2. Dance musically at a beginning level, paying attention to tempo and phrasing.
3. At a beginning level, determine the type of dance for each type of music

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

At a beginning level:

1. To generate dancers who are competent and confident dancing in social settings
2. To foster understanding by dancing with others, regardless of age, ethnicity, gender or ability
3. To prepare students to eventually move on to the Intermediate level of Social Dance

6. **COURSE CONTENT:**

Lab Content:

At a beginning level:

- INTRODUCE BASIC 4-COUNT STREET SWING
GO OVER SYLLABUS
- INTRODUCE 6-COUNT EAST COAST SWING
PARTNERING EXERCISES FOR SWING
- CONTINUE 6-COUNT SWING / INTRODUCE TRIPLE STEP SWING
HISTORY OF SWING DANCE
- REVIEW ALL SWING, START CROSS-STEP WALTZ
HOW TO PRACTICE BETWEEN CLASSES
- CROSS-STEP WALTZ
INTUITIVE LEADING/FOLLOWING
- CONTINUE CROSS-STEP WALTZ, INTRODUCE BOX STEP WALTZ
HOW TO BE SOMEONE PEOPLE WANT TO DANCE WITH
- FINISH WALTZES; START 1ST LATIN DANCE*
HISTORY OF WALTZ
- LATIN DANCE #1
PARTNERING HINTS
- HALFWAY POINT - Comprehensive Review
 - WHAT HAVE YOU LEARNED SO FAR?

- FINISH 1ST LATIN DANCE; START SMOOTH DANCE**
DISCUSS POSSIBLE DANCE SHOE OPTIONS
- SMOOTH DANCE (Foxtrot or Night Club Two-Step)
POSTURE QUIZ: WHAT DANCE AM I DOING?
- SMOOTH DANCE, START 2ND LATIN DANCE*
REGISTRATION IS OPEN: DISCUSS OTHER DANCE OFFERINGS AT CSM
- LATIN DANCE #2, PLUS REVIEW
EAR TRAINING: MATCHING THE DANCE TO THE MUSIC
- LATIN DANCE #2
DISCUSS FINAL DANCE
- REVIEW ALL – ask small groups to demonstrate something in each genre; videotape to show progress
DANCE ETIQUETTE
- FINAL DANCE

*Each semester two different Beginning Latin dances are taught, rotating among Tango, Cha cha, Rumba, Merengue and Salsa

**Each semester a different Smooth dance is taught, alternating between Night Club Two-Step and Foxtrot

TBA Hours Content:

N/A

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

1. Lecture
2. Lab
3. Activity
4. Critique
5. Directed Study
6. Discussion
7. Individualized Instruction
8. Observation and Demonstration
9. Other (Specify): Lecture: Instructor will give short talks on the history of each dance and its development. Lab: Ear training - play examples of different types of music that accompany specific dances. Critique: feedback will be given to the class as a whole constantly, and to individuals when needed. Directed Study: Outside of class - students will attend various social dance events (lists available in class) and Practice Sessions at CSM. Activity: utilize beginning level in-class exercises to improve frame, leading/following, and rhythmic skill. Discussion: Leads and Follows are taught how to communicate with each other to resolve problems or find solutions. Individualized instruction: one-to-one help is given to those who need or ask for it. Observation/Demonstration: demonstrate each move physically while describing it verbally; observe as they repeat the move. Other: handouts will be provided for study outside of class.

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

N/A

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

1. Class Participation
2. Class Performance
3. Class Work
4. Final Class Performance
5. Lab Activities
6. Quizzes
7. Class Participation: showing up to demonstrate learning counts towards final grade; attendance will be taken at each class. Class Performance: students will perform each dance, demonstrating proper footwork and leading/following techniques at a beginning level during a Mid-term Review; evaluation of progress made by instructor. Class Work: short "On Your Feet" quizzes to see if material has been retained. Final Class Performance: during last class, perform each dance learned, with a different partner for each; demonstration of willingness and positive attitude. Lab Activities: assign a problem to the class, with a

time limit to solve. Quizzes: written quizzes asking which dance is done to different music forms, or analyzing a classmate's ability to lead/follow, or do basic steps.

10. **REPRESENTATIVE TEXT(S):**

Other:

1. Handouts created by Instructor for each dance type

2. Optional Readings in handout form

Origination Date: November 2012
Curriculum Committee Approval Date: February 2013
Effective Term: Fall 2013
Course Originator: Joan Walton