

DANCE

(DANCE)

Dance is self aware movement which begins in solitude and becomes ever more public up to and including being a disciplined art form. It can incorporate movement - with stories, music, and costumes; in various environments and venues; in film or integrating other facets of the larger world of performance art. Dance engages the whole person; at once personal and communal and rooted in the interaction of the body, mind, and spirit. Dance is an activity which activates patterns of mind/body integration with discipline that does not require rules. As such, dance is spiritual & political, emotionally & physically healing, intellectually and emotionally creative and enhancing of one's life.

Dance at College of Alameda is a pursuit of professional training in modern dance and choreography for students of all ages. We seek to convey technical excellence and innovative artistry in our courses some of which are appropriate for transfer. We provide training in ballet and modern techniques for serious dance students and also provide physical challenge for non dancers who just want to stay fit and healthy. We would like to encourage students to develop a cross-cultural understanding through the arts by creating dances from different cultures such as: Chinese, Vietnamese, Cambodian, Latino, and others; for special celebrations contributing to campus life. These include: Chinese New-Year, Black History and Asian Heritage events, Cinco De Mayo, and the Full-Moon Festival. We seek in an ongoing fashion to develop other audiences locally and nationally. We encourage students to take courses in the other fields including: Theater, Music, Apparel Design, and Creative Writing – to broaden their understanding of the pursuit of dance as a holistic performance art.

The Faculty at COA actively perform in the field – having relationships in several communities throughout the South and East Bay to provide students performance opportunities. We work in one-on-one relationship with individual students to mentor them in their progress for the duration of the program. We offer an **extensive performance schedule** with a full performance calendar each year featuring many student- and faculty-produced concerts. This schedule provides students with regular performance opportunities at each stage in their development as a dancer – preparing them for the demands of professional performance in dance productions.

DANCE 12A

Beginning Individual Choreography

3 Units, 2 Hours Lecture, 3 Hours Lab (GR)

Acceptable for credit: CSU, UC

Elements of individual choreography and dance movement through space, time, and dynamics. 1008.00

DANCE 12B

Beginning Group Choreography

3 Units, 2 Hours Lecture, 3 Hours Lab (GR)

Acceptable for credit: CSU, UC

Elements of group choreography and dance movement through space, time, and dynamics. 1008.00

DANCE 25

Ballroom Dance Rumba

1 unit, 3 hours lab (GR or P/NP)

Acceptable for credit: CSU, UC

Study and Development of beginning skills of Rumba dance: Emphasizing beginning techniques of partner Rumba dancing for men and women. Proper body placement, lead and follow techniques, and stylization applied to dance patterns. 1008.00

CSU area E

DANCE 26

Ballroom Dance Tango

1 unit, 3 hours lab (GR or P/NP)

Acceptable for credit: CSU, UC

Study and Development of beginning skills of Tango dance: Emphasizing beginning techniques of partner American and Argentine Tango dancing for men and women. Proper body & hand placements, lead and follow techniques, and stylization applied to dance patterns. 1008.00

CSU area E



DANCE 27**Ballroom Dance Fox Trot**

1 unit, 3 hours lab (GR or P/NP)

Acceptable for credit: CSU, UC

Study and Development of beginning skills of Fox Trot dance: Emphasizing beginning techniques of partner Fox Trot dancing for men and women. Proper body placement, lead and follow techniques, and stylization applied to dance patterns. 1008.00

CSU area E

DANCE 28**Ballroom Dance Waltz**

1 unit, 3 hours lab (GR or P/NP)

Acceptable for credit: CSU, UC

Study and Development of beginning skills and techniques of American and Viennese dances: Emphasizing the evolution of Ballroom dance forms and rhythm from its origins to present day. 1008.00

<https://www.youtube.com/watch?v=RV8hozxWSP0>

CSU area E

DANCE 29**Ballroom Dance Bolero**

1 unit, 3 hours lab (GR or P/NP)

Acceptable for credit: CSU, UC

Study and Development of beginning skills and technique of Bolero dance: Emphasizing the evolution of Ballroom dance forms and rhythm from its origins to present day. 1008.00

CSU area E

DANCE 48AA-FZ**Selected Topics in Dance**

.5-5 units, 0-5 hours lecture, 0-15 hours laboratory (GR or P/NP)

Acceptable for credit: CSU

See section on Selected Topics. 1008.00

DANCE 59**Combined Yoga and Pilates for Dance**

1 Unit, .5 Hours Lecture, 1 Hour Lab (GR)

Acceptable for credit: CSU

Elements of Yoga and Pilates for Dance: Techniques to improve body awareness, strength, flexibility, and efficient movement. 1008.00

DANCE 60**Ballet I**

1 unit, 3 hours lab (GR)

Acceptable for credit: CSU, UC

Study and development of beginning skills and techniques of ballet: Including body alignment, placement, positions of the feet, carriage of the arms and musicality. 1008.00

<https://www.youtube.com/watch?v=DU3IRYWW3L4&list=PL4F9DC5DE34FDE28B>

CSU area E

DANCE 61**Ballet II**

1 unit, 3 hours lab (GR)

Prerequisite: DANCE 60

Acceptable for credit: CSU, UC

Intense study and development of the skills and techniques of ballet: Including body alignment, placement, positions of the feet, carriage of the arms, musicality and movement quality. 1008.00

CSU area E

DANCE 62**Ballet III**

1 unit, 3 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Intense study and development of the skills and techniques of ballet of an advanced/intermediate level: Including continued study of classical alignment, adagio, petit and grand allegro. 1008.00

DANCE 63**Ballet IV**

1 unit, 3 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Intense study and development of the skills and techniques of advanced ballet: Including body alignment, placement, advanced adagio, advanced petit and grand allegro, and classical variations. 1008.00



DANCE 68**Modern Dance I**

1 unit, 3 hours lab (GR)

Acceptable for credit: CSU, UC

Study and development of beginning skills and techniques emphasizing the evolution of modern dance from its origins to present day. 1008.00

<https://www.youtube.com/watch?v=sBkO5T38WX4>

CSU area E

DANCE 69**Modern Dance II**

2 units, 1 hour lecture, 3 hours lab (GR)

Prerequisite: DANCE 40

Acceptable for credit: CSU, UC

Study and development of intermediate skills and technique in Modern dance: Emphasizing the evolution of modern dance from its origins to present day and the development of individual movement styles. 1008.00

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DANCE 70**Modern Dance III**

2 units, 1 hour lecture, 3 hours lab (GR)

Prerequisite: DANCE 69

Acceptable for credit: CSU, UC

Study and development of advanced/intermediate skills and techniques in Modern dance: Emphasizing proficiency in dance mechanics, dance anatomy, history, the development of choreography, individual movement styles and performance. 1008.00

CSU area E

DANCE 71**Modern Dance IV**

2 units, 1 hour lecture, 3 hours lab (GR)

Prerequisite: DANCE 70

Acceptable for credit: CSU, UC

Study and development of advanced skills and technique in Modern dance: Emphasizing proficiency in dance mechanics, dance anatomy, the historical, philosophical and social evolution of modern dance from its origins to present day, choreography, performance and repertory work. 1008.00

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See us on YouTube:

<http://www.youtube.com/watch?v=fsm6MHllqZo>
<http://www.youtube.com/watch?feature=endscreen&v=M13TETX2Q5c&NR=1>
<http://www.youtube.com/watch?v=wpkljQdgDD4>
<http://www.youtube.com/watch?v=4Yrn-flMuBI>
<http://www.youtube.com/watch?v=Cje0sMkzxFI>

DANCE 92**Salsa I**

1 unit, 3 hours lab (GR or P/NP)

Acceptable for credit: CSU, UC

Study and development of beginning skills and techniques of Cuban and Latin Salsa emphasizing the evolution of Salsa dance from its origins to present day. 1008.00

<https://www.youtube.com/watch?v=D1-Q71mgIX0>

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DANCE 93**Salsa II**

1 unit, 3 hours lab (GR or P/NP)

Prerequisite: DANCE 92 or instructor permission

Acceptable for credit: CSU, UC

Examination of roots of salsa: Rumba, cha-cha-cha, mambo, meringue, rueda, casino and club style dancing. Emphasis on dance technique, rhythmic training and culture. 1008.00

https://www.youtube.com/watch?v=gzgLD_VeX0g

CSU area E

DANCE 94**Salsa III**

1 unit, 3 hours lab (GR or P/NP)

Acceptable for credit: CSU, UC

Prerequisite: DANCE 93 or instructor permission

Advanced study and development of Salsa skills: Lead/follow techniques; dance pattern complexity; proper timing; advanced dance combinations. 1008.00

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DANCE 248AA-FZ**Selected Topics in Dance**

.5-5 units, 0-5 hours lecture, 0-15 hours laboratory (GR or P/NP)

See section on Selected Topics. 1008.00

