DANCE
Visual, Applied, and Performing Arts Division
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Division Office, Room VAPA1007
David King, Department Chair, (831) 479-5027
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Watsonville Counseling: (831) 786-4734
Call (831) 479-6464 for more information
http://www.cabrillo.edu/programs

Dance A.A. Degree
The Dance Program offers beginning and intermediate movement courses with a focus on dance as a Performing Art, and Dance Studies, emphasizing dance as an academic discipline that values the movement philosophies of many cultures. In addition to studying movement techniques, students learn about dance's social functions in other areas, including education, health, cultural studies, art, history, and the science of human movement. In addition to studying movement techniques, students learn about dance's social functions in other areas, including education, health, cultural studies, art, history, and the science of human movement. Dance at Cabrillo is dedicated to fostering development of the "whole" dancer, nurturing the mind, body, and spirit together. Bachelor's and graduate degrees in dance and related fields provide multiple career opportunities in the public and private sectors. Many four-year colleges and universities offer emphases in areas such as dance performance, modern dance, ballet, choreography, musical theater, dance education, dance therapy, somatics, dance technology, dance history, and criticism. Specialties are also offered in arts administration, physical therapy for dancers, dance for children, seniors, and special education. The full course of study includes pre-professional training in dance techniques, performance, choreography, dances of the world, and somatic education.

Dance activity courses may be used to meet general education Area E, Lifelong Understanding and Self-Development for Cabril-lo's non-transferable Associate degrees, when combined with other non-activity Area E units from the CG or ECE departments.

Learning Outcomes
The Cabrillo College Core Competencies (with an emphasis in the study of Dance):
1. Communication: Reading, Writing, Listening, Speaking, and/or Converging
2. Critical Thinking and Information Competency: Analysis, Computation, Research, Problem Solving

Model Program for Dance
An Associate Degree requires 60 units appropriate to your education-al goal, to include general education and at least 18 units in a major. Courses should be selected to meet the lower-division major prepa-ra- tion requirements at your intended transfer university - these specific course requirements can be found at www.assist.org for 4-year public institutions in California. Please see a coun-selor for advisement to ensure you are taking the best possible courses given your goal.

The department presents the following suggested model program for this major. The courses listed below may or may not be appropri-ate depending on your goal. Please see a counselor for advisement for transfer to any 4-year institution.

A.A. General Education

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
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<tbody>
<tr>
<td>DANCE 1</td>
<td>Dance Appreciation</td>
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<tr>
<td>DANCE 2A</td>
<td>Introduction to Dance I</td>
<td>0.5 - 3</td>
</tr>
<tr>
<td>DANCE 2B</td>
<td>Introduction to Dance II</td>
<td>0.5 - 3</td>
</tr>
<tr>
<td>DANCE 3AP</td>
<td>Dance Conditioning/Pilates</td>
<td>0.5 - 3</td>
</tr>
<tr>
<td>DANCE 3BP</td>
<td>Dance Conditioning/Pilates II</td>
<td>0.5 - 3</td>
</tr>
<tr>
<td>DANCE 3CP</td>
<td>Dance Conditioning/Pilates III</td>
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<tr>
<td>DANCE 4</td>
<td>Contemporary Modern Dance I</td>
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<tr>
<td>DANCE 5</td>
<td>Contemporary Modern Dance II</td>
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<tr>
<td>DANCE 7</td>
<td>Ballet I</td>
<td>0.5 - 3</td>
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<tr>
<td>DANCE 8</td>
<td>Ballet II</td>
<td>0.5 - 3</td>
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<td>DANCE 9A</td>
<td>Jazz Dance I</td>
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<td>DANCE 9B</td>
<td>Jazz Dance II</td>
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<tr>
<td>DANCE 68</td>
<td>Advanced Dance Technique and Performance Skills</td>
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DANCE Making (2.5 Units)

<table>
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<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>DANCE 11A</td>
<td>Dance Improvisation I</td>
<td>0.5 - 3</td>
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<tr>
<td>DANCE 11B</td>
<td>Dance Improvisation II</td>
<td>0.5 - 3</td>
</tr>
<tr>
<td>DANCE 12A</td>
<td>Choreography I</td>
<td>0.5 - 3</td>
</tr>
<tr>
<td>DANCE 12B</td>
<td>Choreography II</td>
<td>0.5 - 3</td>
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Performance (3 Units)

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<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>DANCE 13</td>
<td>Dance Repertory</td>
<td>0.5 - 4</td>
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<tr>
<td>DANCE 14A</td>
<td>Dance Production</td>
<td>0.5 - 4</td>
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Program Electives (2.5 Units)

<table>
<thead>
<tr>
<th>Course Code</th>
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<tbody>
<tr>
<td>DANCE 15A</td>
<td>Salsa Dance I</td>
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<tr>
<td>DANCE 15B</td>
<td>Salsa Dance II</td>
<td>0.5 - 3</td>
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<tr>
<td>DANCE 15C</td>
<td>Salsa Dance III</td>
<td>0.5 - 3</td>
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<td>DANCE 16A</td>
<td>Baile Folklórico: Regional Dances of Mexico I</td>
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</tr>
<tr>
<td>DANCE 16B</td>
<td>Baile Folklórico: Regional Dances of Mexico II</td>
<td>0.5 - 3</td>
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<tr>
<td>DANCE 17A</td>
<td>Latin Dance I</td>
<td>0.5 - 3</td>
</tr>
<tr>
<td>DANCE 17B</td>
<td>Latin Dance II</td>
<td>0.5 - 3</td>
</tr>
<tr>
<td>DANCE 17C</td>
<td>Latin Dance III</td>
<td>0.5 - 3</td>
</tr>
<tr>
<td>DANCE 17D</td>
<td>Latin Dance IV</td>
<td>0.5 - 3</td>
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<tr>
<td>DANCE 19A</td>
<td>Hip Hop Dance I</td>
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<td>DANCE 19B</td>
<td>Hip Hop Dance II</td>
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<tr>
<td>DANCE 19C</td>
<td>Hip Hop Dance III</td>
<td>0.5 - 3</td>
</tr>
<tr>
<td>DANCE 19D</td>
<td>Hip Hop Dance IV</td>
<td>0.5 - 3</td>
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<tr>
<td>DANCE 21A</td>
<td>Ballroom Dance I</td>
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<tr>
<td>DANCE 21B</td>
<td>Ballroom Dance II</td>
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Other Electives (10 Units)

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<tbody>
<tr>
<td>BIO 4</td>
<td>Human Anatomy</td>
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<tr>
<td>BIO 13A</td>
<td>Biology of People-Anatomy and Physiology</td>
<td>3</td>
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<tr>
<td>MUS 10</td>
<td>Music Appreciation</td>
<td>3</td>
</tr>
<tr>
<td>MUS 11A</td>
<td>Jazz Appreciation</td>
<td>3</td>
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**Choreographic Studies Skills Certificate**

**Learning Outcome:**

1. Communication: Conversing and/or Speaking, Listening, Reading, Writing.

**Dance Appreciation (3 Units) **

<table>
<thead>
<tr>
<th>Course</th>
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<tbody>
<tr>
<td>DANCE 1</td>
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**Dance Making (5.5 Units) **

<table>
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<tr>
<td>DANCE 11A</td>
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<tr>
<td>DANCE 11B</td>
<td>0.5 - 3</td>
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<tr>
<td>DANCE 12A</td>
<td>0.5 - 3</td>
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<tr>
<td>DANCE 12B</td>
<td>0.5 - 3</td>
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**Performance (6 Units) **

<table>
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<tr>
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<tr>
<td>DANCE 13</td>
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<tr>
<td>DANCE 14A</td>
<td>0.5 - 4</td>
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**Accessing Creativity (1.5 Units) **

<table>
<thead>
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<th>Units</th>
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<tbody>
<tr>
<td>DANCE 82A</td>
<td>0.5 - 3</td>
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**Creative Careers - Discovering Self-Directed Pathways Skills Certificate**

**Learning Outcome:**

Research and analyze ways to create impact and develop a livelihood in all visual, applied, and performing arts disciplines by identifying your WHY and focusing on unique, self-directed, non-traditional, and entrepreneurial pathways.

**Required**

<table>
<thead>
<tr>
<th>Course</th>
<th>Units</th>
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<tbody>
<tr>
<td>AH 79</td>
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<tr>
<td>or AP 79</td>
<td>3</td>
</tr>
<tr>
<td>or ART 79</td>
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<td>or DANCE 79</td>
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<td>or DM 79</td>
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<td>or MUS 79</td>
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<tr>
<td>or TA 79</td>
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<tr>
<td>or BUS 88</td>
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*Special VAPA only cohort offering, typically offered every spring term Any AH/ART/DM/MUS/TA course 1-99 .................................................... 1-4

**Total Units** 60

**Social and Urban Dance Skills Certificate**

**Learning Outcome:**


**Dance Appreciation (3 Units) **

<table>
<thead>
<tr>
<th>Course</th>
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<tbody>
<tr>
<td>DANCE 1</td>
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**Dance Making (2 Units) **

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<th>Course</th>
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<tbody>
<tr>
<td>DANCE 11A</td>
<td>0.5 - 3</td>
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<tr>
<td>DANCE 11B</td>
<td>0.5 - 3</td>
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<tr>
<td>DANCE 12A</td>
<td>0.5 - 3</td>
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<tr>
<td>DANCE 12B</td>
<td>0.5 - 3</td>
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**Performance (4 Units) **

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<tbody>
<tr>
<td>DANCE 13</td>
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<tr>
<td>DANCE 14A</td>
<td>0.5 - 4</td>
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**Techniques and Styles (8 Units) **

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<th>Course</th>
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<tr>
<td>DANCE 15A</td>
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<tr>
<td>DANCE 15B</td>
<td>0.5 - 3</td>
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<tr>
<td>DANCE 16A</td>
<td>0.5 - 3</td>
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<tr>
<td>DANCE 16B</td>
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**Total Units** 17

**Dance Courses**

**DANCE 1   Dance Appreciation**

3 units; 3 hours Lecture

Repeatability: May be taken a total of 1 time.

Examines dance in multiple cultural, artistic, historical and performance contexts, using lectures, video, demonstration, viewing live performances, and exploration of selected dance styles. May be offered in a Distance-Learning Format.

*Transfer Credit:* Transfers to CSU; UC.

**DANCE 2A   Introduction to Dance I**

0.5 – 3 units; 1 – 6 hours Laboratory

Repeatability: May be taken a total of 1 time.

Introduces a survey of basic dance techniques and dance vocabulary for the student with little or no experience, while promoting ease and confidence in movement.

*Transfer Credit:* Transfers to CSU; UC.
DANCE 2B  Introduction to Dance II
0.5 – 3 units; 1 – 6 hours Laboratory
Prerequisite: DANCE 2A or equivalent skills.
Repeatability: May be taken a total of 1 time.
Continues the introduction of a survey of dance techniques and dance vocabularies from DANCE 2A, adding elements of expressivity and differentiating styles in the techniques studied.
Transfer Credit: Transfers to CSU; UC.

DANCE 3AP  Dance Conditioning/Pilates I
0.5 – 3 units; 1 – 6 hours Laboratory
Repeatability: May be taken a total of 1 time.
Presents instruction in the six principles of Pilates mat work with an emphasis on body/mind awareness, increased strength, flexibility, and efficient movement function leading to higher level performance in dance techniques and movement skills. May be offered in a Distance-Learning Format
Transfer Credit: Transfers to CSU; UC, with limits: Any or all KIN activity courses: maximum credit-4 units. DANCE 3AP is a KIN Activity course.

DANCE 3BP  Dance Conditioning/Pilates II
0.5 – 3 units; 1 – 6 hours Laboratory
Prerequisite: DANCE 3AP or equivalent skills.
Repeatability: May be taken a total of 1 time.
Continues instruction in the six principles of Pilates mat work with an emphasis on body/mind awareness, increased strength, flexibility, and efficient movement function leading to higher level performance in all dance techniques and movement skills.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all KIN activity courses: maximum credit-4 units. DANCE 3BP is a KIN Activity course.

DANCE 3CP  Dance Conditioning/Pilates III
0.5 – 3 units; 1 – 6 hours Laboratory
Prerequisite: DANCE 3BP or equivalent skills.
Repeatability: May be taken a total of 1 time.
Teaches performance of the six principles of Pilates work with an emphasis on sequences increasing strength, flexibility, and efficient movement function leading to higher level performance in all dance techniques and movement skills.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all KIN activity courses: maximum credit-4 units. DANCE 3CP is a KIN Activity course.

DANCE 4  Contemporary Modern Dance I
0.5 – 3 units; 1 – 6 hours Laboratory
Recommended Preparation: DANCE 2A.
Repeatability: May be taken a total of 4 times.
Introduces the foundations of current physical and expressive beginning dance techniques by focusing on basic skills, musicality, and the art of dance. Improves kinesthetic abilities, engage the imagination, and build flexibility, strength and alignment.
Transfer Credit: Transfers to CSU; UC.

DANCE 5  Contemporary Modern Dance II
0.5 – 3 units; 1 – 6 hours Laboratory
Recommended Preparation: DANCE 4.
Repeatability: May be taken a total of 4 times.
Teaches intermediate contemporary modern dance technique, develops personal expression and musicality, improves alignment, body awareness, and conditioning while performing longer and more challenging movement combinations to live music.
Transfer Credit: Transfers to CSU; UC.
DANCE 10A  Intermediate Jazz Dance I
0.5 – 3 units; 1 – 6 hours Laboratory
Prerequisite: DANCE 9B or equivalent skills.
Repeatability: May be taken a total of 1 time.
Introduces intermediate level Jazz Dance techniques and performance skills, with emphasis placed on improvisational skills, stylistic interpretation, and the cool in the context of 20th century Jazz Dance history.
Transfer Credit: Transfers to CSU; UC.

DANCE 10B  Intermediate Jazz Dance II
0.5 – 3 units; 1 – 6 hours Laboratory
Prerequisite: DANCE 10A or equivalent skills.
Repeatability: May be taken a total of 1 time.
Continues the physical study of historic Jazz Dance techniques and styles from DANCE 10A with emphasis placed on accuracy of reproduction and individual stylistic interpretation.
Transfer Credit: Transfers to CSU; UC.

DANCE 11A  Dance Improvisation I
0.5 – 3 units; 1 – 6 hours Laboratory
Repeatability: May be taken a total of 1 time.
Provides a supportive and playful group environment for students of any level to explore personal and expressive movement, the creative process, and improvisation techniques.
Transfer Credit: Transfers to CSU; UC.

DANCE 11B  Dance Improvisation II
0.5 – 3 units; 1 – 6 hours Laboratory
Prerequisite: DANCE 11A or equivalent skills.
Repeatability: May be taken a total of 1 time.
Continues the study of improvisational skills and techniques from DANCE 11A while introducing aspects of performance and group synergy to find relationships between imagination, movement, and dancemaking.
Transfer Credit: Transfers to CSU; UC.

DANCE 12A  Choreography I
0.5 – 3 units; 1 – 6 hours Laboratory
Repeatability: May be taken a total of 1 time.
Introduces the art of making dances for choreographers working in any style of dance, and is open to students with little or no dance experience. Creates a supportive lecture and laboratory environment to explore the use of music, group dynamics, and the creative imaginations as tools to create dances.
Transfer Credit: Transfers to CSU; UC.

DANCE 12B  Choreography II
0.5 – 3 units; 1 – 6 hours Laboratory
Prerequisite: DANCE 12A or equivalent skills.
Repeatability: May be taken a total of 1 time.
Continues the study of crafting dances from DANCE 12A, while expanding the use of formal structures and more complex content, to develop dances that reflect the creative vision of the dancemaker.
Transfer Credit: Transfers to CSU; UC.

DANCE 13  Dance Repertory
0.5 – 4 units; 1 – 8 hours Laboratory
Recommended Preparation: DANCE 2A.
Repeatability: May be taken a total of 4 times.
Presents the rehearsal processes, choreography, and performance styles of faculty and guest artists while performing in a fully produced dance concert.
Transfer Credit: Transfers to CSU; UC.

DANCE 14A  Dance Production
0.5 – 4 units; 1 – 8 hours Laboratory
Recommended Preparation: DANCE 2A.
Repeatability: May be taken a total of 4 times.
Choreograph, perform, and collaborate in the creation of dances that are presented in a concert focused on the work of emerging student dance artists. Presents opportunity to produce choreography performances and collaborations.
Transfer Credit: Transfers to CSU; UC.

DANCE 15A  Salsa Dance I
0.5 – 3 units; 1 – 6 hours Laboratory
Prerequisite: DANCE 2A.
Repeatability: May be taken a total of 1 time.
Introduces the Salsa Dance genre and its social importance for the student with little or no experience in the form.
Transfer Credit: Transfers to CSU; UC.

DANCE 15B  Salsa Dance II
0.5 – 3 units; 1 – 6 hours Laboratory
Prerequisite: DANCE 15A or equivalent skills.
Repeatability: May be taken a total of 1 time.
Continues the study of physical and expressive techniques from DANCE 15A with emphasis placed on performing more complex Salsa Dance figures.
Transfer Credit: Transfers to CSU; UC.

DANCE 15C  Salsa Dance III
0.5 – 3 units; 1 – 6 hours Laboratory
Prerequisite: DANCE 15B or equivalent skills.
Repeatability: May be taken a total of 1 time.
Continues the study of Salsa Dance from DANCE 15B, synthesizing Salsa techniques with emphasis on personal expression and creativity within the cultural form.
Transfer Credit: Transfers to CSU; UC.
DANCE 16A  Baile Folklórico: Regional Dances of Mexico I
0.5 – 3 units; 1 – 6 hours Laboratory
Repeatability: May be taken a total of 1 time.
Introduces the fundamentals of Mexican Folklórico Dance techniques, sones jaroches, jaliscineses, huastecos y sinaloenses, to students with little or no experience in this form. Footwork, style, and beginning choreography will be addressed.
Transfer Credit: Transfers to CSU; UC.

DANCE 16B  Baile Folklórico: Regional Dances of Mexico II
0.5 – 3 units; 1 – 6 hours Laboratory
Prerequisite: DANCE 16A or equivalent skills.
Repeatability: May be taken a total of 1 time.
Continues the study of Mexican Folklórico Dance from DANCE 16A, introducing the indigenous and mestizo dances of Mexico, with a focus on dance as a performing art.
Transfer Credit: Transfers to CSU; UC.

DANCE 17A  Latin Dance I
0.5 – 3 units; 1 – 6 hours Laboratory
Recommended Preparation: DANCE 2A.
Repeatability: May be taken a total of 1 time.
Introduces the fundamentals of Latin Dance techniques, merengue, salsa, cha cha, and bachata, to students with little or no experience in the form. Leading and following roles will be developed, including aspects of figu es and floo craft.
Transfer Credit: Transfers to CSU; UC.

DANCE 17B  Latin Dance II
0.5 – 3 units; 1 – 6 hours Laboratory
Prerequisite: DANCE 17A or equivalent skills.
Repeatability: May be taken a total of 1 time.
Continues the study of Latin Dance from DANCE 17A, introducing the Rumba and Samba, and beginning the focus on Latin forms for performance and competition.
Transfer Credit: Transfers to CSU; UC.

DANCE 17C  Latin Dance III
0.5 – 3 units; 1 – 6 hours Laboratory
Prerequisite: DANCE 17B or equivalent skills.
Repeatability: May be taken a total of 1 time.
Continues the study of Latin Dance from DANCE 17B, introducing the Mambo and Cumbia forms with focus skill building for competition and advanced level performance.
Transfer Credit: Transfers to CSU; UC.

DANCE 17D  Latin Dance IV
0.5 – 3 units; 1 – 6 hours Laboratory
Prerequisite: DANCE 17C or equivalent skills.
Repeatability: May be taken a total of 1 time.
Continues the study of Latin Dance from DANCE 17C, introducing the Bolero and refining the Mambo and Cumbia forms, focusing on competition and advanced level performance.
Transfer Credit: Transfers to CSU; UC.

DANCE 18A  African Dance I
0.5 – 3 units; 1 – 6 hours Laboratory
Recommended Preparation: DANCE 2A.
Repeatability: May be taken a total of 1 time.
Introduces African dances from various regions in Africa including their social, historical, and cultural significance.
Transfer Credit: Transfers to CSU; UC.

DANCE 19A  Hip Hop Dance I
0.5 – 3 units; 1 – 6 hours Laboratory
Recommended Preparation: DANCE 2A.
Repeatability: May be taken a total of 1 time.
Introduces the foundation of current physical and expressive Hip Hop Dance techniques to the student with little or no experience in the form by focusing on basic skills, musicality, and the different Hip Hop Dance genres. Improves kinesthetic abilities, engages the imagination and builds flexibility, strength, and alignment.
Transfer Credit: Transfers to CSU; UC.

DANCE 19B  Hip Hop Dance II
0.5 – 3 units; 1 – 6 hours Laboratory
Prerequisite: DANCE 19A or equivalent skills.
Repeatability: May be taken a total of 1 time.
Continues the exploration of foundational techniques in Hip Hop Dance from DANCE 19A with increasing emphasis on the use of correct form and safe performance for personal expression.
Transfer Credit: Transfers to CSU; UC.

DANCE 19C  Hip Hop Dance III
0.5 – 3 units; 1 – 6 hours Laboratory
Prerequisite: DANCE 19B or equivalent skills.
Repeatability: May be taken a total of 1 time.
Continues the study of Hip Hop Dance techniques from DANCE 19B synthesizing Hip Hop Dance techniques with personal expression and musicality, encouraging the student to find a personal connection to the dance form.
Transfer Credit: Transfers to CSU; UC.
DANCE 19D  Hip Hop Dance IV  
0.5 – 3 units; 1 – 6 hours Laboratory  
Prerequisite: DANCE 19C or equivalent skills.  
Repeatability: May be taken a total of 1 time.  
Continues and deepens the practice of Hip Hop Dance techniques from DANCE 19C, elaborating on Hip Hop movement styles to refine personal expressivity, musicality, and the use of poetic imagery to connect to the dance form.  
Transfer Credit: Transfers to CSU; UC.

DANCE 21A  Ballroom Dance I  
0.5 – 3 units; 1 – 6 hours Laboratory  
Repeatability: May be taken a total of 1 time.  
Introduces the basic steps and skills in selected ballroom dance styles including Fox Trot, Waltz, Swing, Two Step, Salsa, and additional popular ballroom dances.  
Transfer Credit: Transfers to CSU; UC.

DANCE 21B  Ballroom Dance II  
0.5 – 3 units; 1 – 6 hours Laboratory  
Prerequisite: DANCE 21A or equivalent skills.  
Repeatability: May be taken a total of 1 time.  
Continues the study of Ballroom techniques from DANCE 21A and applies them to following and leading in selected ballroom dance styles including Fox Trot, Waltz, Swing, Two Step, Salsa, and additional popular ballroom dances.  
Transfer Credit: Transfers to CSU; UC.

DANCE 68  Advanced Dance Technique and Performance Skills  
0.5 – 3 units; 1 – 6 hours Laboratory  
Repeatability: May be taken a total of 1 time.  
Refines contemporary modern dance technique and performing skills while learning more complex patterns of movement, embodiment of alignment, flexibility, strength, and energy flow with live dance accompaniment.  
Transfer Credit: Transfers to CSU; UC.

DANCE 74  Creative Movement  
0.5 – 3 units; 1 – 6 hours Laboratory  
Repeatability: May be taken a total of 1 time.  
Provides a playful and supportive atmosphere to explore imagination, creativity, self-expression, communication, and group play while discovering your movement potential through improvisation.  
Transfer Credit: Transfers to CSU; UC.

DANCE 79  Creative Careers-Discovering Self-Directed Pathways  
3 units; 3 hours Lecture, 1 hour Laboratory  
Repeatability: May be taken a total of 1 time.  
Investigates creative career opportunities in all visual, applied, and performing arts disciplines, with a focus on unique, self-directed, non-traditional, and entrepreneurial pathways and the academic and life choices necessary to realize such opportunities. May be offered in a Distance-Learning Format. Materials fee may apply. AH 79, ART 79, AP 79, DANCE 79, DM 79, MUS 79, and TA 79 are cross listed courses. Students may enroll in only one course for credit.  
Transfer Credit: Transfers to CSU.

DANCE 79AZ  Special Topics in Dance  
0.5 – 3 units; 0.5 – 3 hours Lecture or 1 – 6 hours Laboratory  
Repeatability: May be taken a total of 1 time.  
Study of selected dance topics of interest.  
Transfer Credit: Transfers to CSU; UC, with conditions: Students must retain a copy of the course outline, the course syllabus and work completed for this course. Credit for this course is contingent upon a review of the course outline and other materials by the UC transfer campus.

DANCE 81  Swing Dance  
0.5 – 3 units; 1 – 6 hours Laboratory  
Recommended Preparation: DANCE 61.  
Repeatability: May be taken a total of 1 time.  
Builds understanding of swing dance and expands the students’ repertoire of dance skills across a wide range of traditional and popular swing dance styles.  
Transfer Credit: Transfers to CSU; UC.

DANCE 82A  Body Mind Techniques: Applied Somatics I  
0.5 – 3 units; 1 – 6 hours Laboratory  
Repeatability: May be taken a total of 1 time.  
Provides students of any experience level an introductory survey of somatic modalities, increasing body awareness and wellness through an exploration of movement and dance as a creative, performance, and healing art.  
Transfer Credit: Transfers to CSU; UC.

DANCE 82B  Body Mind Techniques: Applied Somatics II  
0.5 – 3 units; 1 – 6 hours Laboratory  
Recommended Preparation: DANCE 82A or equivalent skills.  
Repeatability: May be taken a total of 1 time.  
Continues a survey of somatic modalities, increasing body awareness and wellness through an exploration of movement and dance as a creative, performance, and healing art.  
Transfer Credit: Transfers to CSU; UC.