

# DANC 151.1 Social Dance I

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## **DANC 151.1 SOCIAL DANCE I**

The basic steps of social ballroom dances are covered. Basic dance vocabulary, technique, body placement, and the relationships between music, rhythm and the dances are emphasized throughout the course. Students are instructed in lead and follow techniques and dance etiquette. The basic patterns of the following social ballroom dances are taught: Waltz, East Coast Swing, Cha Cha Cha, Rumba, Foxtrot, Merengue and Tango. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

**Units:** 1

**Hours/semester:** 48-54 Lab

**AA/AS Degree Requirements:** Area E2; Physical Education

**Transfer Credit:** CSU (CSU GE Area E2), UC

