90-XXX: Intro to Ballroom Dancing

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Class Hours: Sunday, Wednesday 6:00-6:50pm
Class Room: 1199

Course Description

Ballroom dancing is a set of partner dances that are enjoyed worldwide both socially and competitively. The goal of this course is to introduce the basic concepts of ballroom dancing to students and to make them comfortable in taking part in social dances.

The dances that are taught in this course include American or International forms of foxtrot, waltz, tango, cha cha, rumba, and swing. Depending on the learning pace of students, we may further cover salsa and jive. Students will learn three to four basic patterns in each of the dances, the timings for each of the patterns, as well as the unique characteristics for each dance. Furthermore, students will learn the central leading and following principles of ballroom dancing.

No past experience in dancing is expected; just the energy and spirit for dancing!

This course is a 3-unit course that lasts for the whole semester. Classes are held twice a week for fifty minutes.

Required Materials

None

Prerequisites/Corequisites

None
Course Objectives

Successful students will learn:

1. Leading and following principles
2. Basic patterns in each of the dances
3. Timings for each of the patterns
4. Unique characteristics for each of the dances

Course Structure

Lecture

There will be classes every Sunday at 6pm for an hour and twenty minutes. During the class, we will mostly learn the steps of the dances being studied by practicing them individually and partnering up, both with and without music.

0.1 Homework

Most of the homework would involve practicing specific moves taught in class at home, so that students are ready to put them into practice by the next class and learn new moves each class. Other outside class work may involve encouragement to perform in CMU events.

Mid-term

Midterm will involve finding a video of a ballroom performance on any dances we have learned so far. The assignment will involve identifying three moves that we practiced in class in the video and stating which ones they are. They will have to submit the link for the video and a short description of the dance moves they recognized.

Final Exam

There is no final exam in this class.

Grading Policy

You will receive either a Pass or No-credit at the end of this course. Students are expected to attend all classes and two absences are allowed at most throughout the semester. Participation is all that is required.
Course Policies

During Class
Students are expected to pay attention and be respectful during class.

Attendance Policy
Student will have 2 unexcused absences throughout the semester. Attendance is expected in all lectures. Valid excuses for absence will be accepted before class. Note that attendance is required for passing this class.

Accommodations for Disabilities
Standard Text Here.
Schedule and weekly learning goals

The schedule is tentative and subject to change. The learning goals below should be viewed as the key concepts you should grasp after each week.

**Week 01: Foxtrot, 01/12 - 01/16:**
- Basic steps
- Moving with the line of dance
- Rock turn
- Promenade

**Week 02: Cha cha, 01/19 - 01/23:**
- Basic steps
- Under arm turn
- New Yorker

**Week 03: Rumba, 01/26 - 01/30:**
- Basic steps
- Rotation
- Underarm turn

**Week 04: Tango, 02/02 - 02/06:**
- Basic steps
- Scorpion
- Promenade
- Reverse Turn

**Week 05: Waltz, 02/09 - 02/13:**
- Basic steps
- Box moves
- Moving around the room

**Week 06: Swing, 02/16 - 02/20:**
- basic steps
- rotation
- underarm turn

**Week 07: Salsa, 02/23 - 02/27:**
- Basic steps
- Right hand turn
- Left hand turn
- Left side half turn
- Rotations and movements

**Week 08: Smooth, 03/02 - 03/06:**

**Week 09: Bachata, 03/09 - 03/13:**
Week 10: Standard, 03/16 - 03/20:

Week 11: Latin, 03/23 - 03/27:

Week 12: Standard, 03/30 - 04/03:

Week 13: Latin, 04/06 - 04/10:

Week 14: Standard, 04/13 - 04/17: