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 7 weeks of the semester. Classes are held once a week for an hour and twenty 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

There will be no midterm in this class.

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 6 out of the 7 classes in order to pass. Participation is all that is required.
Course Policies

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

Attendance Policy
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:

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