

PDP DA 111 Ballroom, Beginning

Instructor: Eileen Herman-Haase

Email: eileenhh@bu.edu

Meets Tuesdays 1:30pm-2:20pm in L131: 0.5 Credit

Dance Program Mission:

Our dance program provides students with technical, historical and compositional courses in multiple genres of dance designed to prepare and enhance their skills in communication, critical thinking and self-expression. Our curriculum choices offer multiple ways of investigating dance as a physical, aesthetic, intellectual and cultural practice. As part of *One BU /Recommendations for Accessing the Arts at BU*, we encourage our students to use their imaginative spirit to find opportunities to create innovative cross-discipline research and practice.

Course Description:

This course is designed as an introduction to the American Style Ballroom & Rhythm form of partner dancing. Students who have had little or no instruction in these styles of dance should begin their instruction here. The course is also in depth enough for students who may have taken previous Ballroom & Rhythm classes for the purpose of building confidence and gaining additional dance experience with a partner. Typically, there are 2-3 dances introduced per semester on a rotating basis. American Smooth includes: Waltz, Foxtrot, Tango and Viennese Waltz. American Rhythm includes: Cha-cha, Rumba, Swing, Mambo, and Bolero.

Course Overview:

- **Basic Elements:** the four elemental movements that create the Ballroom & Rhythm styles. (walks, chasses, rock steps, triple steps)
- **Identifying Styles:** Students will be able to identify and explain the different styles of Ballroom dance [Smooth vs Rhythm] and demonstrate that knowledge with physical clarity.
- **Directional Movements:** Students will learn the six directional movements required performing Ballroom dance. [forward, back, left, right, rotating left, rotating right]
- **Basic Rhythm Comprehension:** Students will learn to hear the basic key rhythms associated with Ballroom dance as each dance has its own rhythmical sound.
- **Time Signatures & Beat Values:** Simple time signatures will be explained, and basic musical beat values will be taught, and students are expected to be able to demonstrate them correctly according to the dance being danced. [Slow = 2, quick = 1, and $\frac{1}{2}$ a = $\frac{1}{4}$]
- **Basic Dance Holds & Positions:** Students will learn the basics of the various dance holds and dance positions. Proper alignment of the head, torso, hips, and feet in relation to the partner for sound anatomical correctness and improved dance performance.
- **Basic Leading & Following:** Students will learn the leader's role and the follower's role of partnership dancing
- **Basic Foot Patterns & Amalgamations:** Students will learn basic principle figures [foot patterns] and build the confidence to amalgamate [connect] several of them together to create their own unique groupings.

Note: There are 15 different dances in the American Style Ballroom & Rhythm. They are Waltz, Tango, Foxtrot and Viennese Waltz as Ballroom dances. Cha-cha, Rumba, Mambo, Bolero, East Coast Swing, West Coast Swing, Samba, Merengue, Disco Hustle, and Salsa as the Rhythm dances. Typically, there are 2-3 dances introduced per semester on a rotating basis.

Required Attire:

Shoes are the most important equipment. Please wear dance shoes, dance sneakers, or shoes that glide easily on the floor and stay on your feet. No sandals, no flip-flops and no bare feet.

There is no mandatory clothing. Wearing comfortable clothing and fabrics that make one feel like moving and dancing can be beneficial.

- Please, no gum or dangerous jewelry.
- Keep hair secured away from face.

Learning Outcomes:

- Students will have fun and comprehend the basic concepts of Ballroom & Rhythm dancing through a combination of oral instruction, visual demonstration and on the floor participation.
- Students will demonstrate basic partner dancing in the Ballroom & Rhythm styles according to the music being played.
- Students will develop interpersonal relationship skills that can carry beyond dance alone.
- Students will develop a healthier physical lifestyle by consciously using and coordinating their mind and body in movement through the medium of Ballroom & Rhythm dancing.

Lockers: Permanent lockers are available. All lockers are issued on a first come, first serve basis. Members use a Day Locker for free. See the staff at ProShop. Otherwise, bring your valuables into the studio.

Grading Policy:

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 80% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate, and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar's Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances.

Letter Grade: Dance Minors will receive a letter grade (A, B, C, D) indicative of their attendance, skill and improvement throughout the semester. (Note that these factors are directly correlated; good attendance leads to improvement and success.)

Diversity, Inclusion, Equity and Antiracism Statement

The BU Dance Program commits to actively improve our diversity, inclusion and equity programming and practice antiracism. We are committed to listening, assessing, and doing better to bring about change within our classes, programs, and in our community. We support FitRec's pledge.

FitRec is committed to:

- Listening to the voices of Black and Indigenous POC and the lessons of history
- Learning as individuals and as a staff, including stretching ourselves and knowing we will make mistakes
- Creating space, both physical and mental, to expand the dialog about inclusion, equity and equality
- Challenging the status quo and pushing past "what is" and moving into genuine inclusion and belonging

In our dance classes, faculty and students will be expected to:

- Be attentive and self-aware of biases and prejudices that impact choices and interactions
- Create thoughtful and intentional actions
- Be respectful of each other's opinions and be open to changing our mind
- Assume positive intent and recognize we are all growing and learning

We ask our students and members of the BU dance community to share their experiences, recommendations, and concerns.

Respectfully,

Micki Taylor-Pinney, Coordinator of Dance, mtaypin@bu.edu; Lynda Rieman, Assistant Coordinator of Dance/Theater Manager, lrieman@bu.edu; Liz Roncka, Assistant Coordinator of Dance, lizonck@bu.edu

Attendance Policy & Make-Up Classes:

Classes begin promptly, typically with a warm-up. Accordingly, arriving more than 10 minutes late jeopardizes full immersion in the lesson. Students entering class beyond that time may not receive credit for the day. Please come on time and ready to dance.

Students are expected to adhere strictly to the BU Dance Department's attendance policy. Students must have 80% attendance and are allowed no more than 3 absences per semester, medical and family emergencies notwithstanding (instructor may excuse 2 more absences). Full participation for the entire class is expected from all students; injured students may receive credit for observing class. Students who will be missing class, arriving late or leaving early for any reason should please notify instructor in advance.

Standard Make-Up Options:

- Attend other credit dance classes taught by your instructor.
- Attend other credit dance classes after receiving permission from instructor.
- Attend dance performances approved by your instructor.
- Attend free End-of-Semester classes.
- Get written permission from budance@bu.edu to attend non-credit dance class (2 business days' notice; fee required) NOTE: make-ups slips must be signed and provided to instructor or Micki Taylor-Pinney (slips on website).
- Please feel free to ask questions and/or make appointments for consultations with your instructor or with Micki Taylor-Pinney, Director of Dance, at (617) 353-1597 (mtaypin@bu.edu).

Compliance

Access to FitRec and class demands full compliance with the University policies. Be informed. Be safe.

Safety/compliance protocols

- Students will be wearing masks throughout class. Class content will be modified appropriately to limit exertion with masks on.
- Students will wear appropriate and clean foot attire: dance shoes, dance sneakers, or shoes that glide easily on the floor and stay on your feet.
- Students will sanitize hands and dance footwear before entering and as they exit the space.

Blackboard, FitRec Website & Course Evaluation:

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and if so, can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a detailed explanation of PDP credit class policies, information on registration, or schedules please visit the FitRec's website: <http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time to fill these out – your feedback is very important to us!

Student Conduct:

Boston University's codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities (www.bu.edu/dos/policies/student-responsibilities).

Schedule:

Week	Curriculum
1	Introduction to basic elements, poise, posture and basic dance position, basic rhythm and sound of the dance, rhythm terms and beat values. Basic dance hold. Introduction to the basic rhythm and characterization of the dance + introduction of named foot patterns for the first dance
2	Review of previous week + Concepts of leading & following in the basic + additional principle figures
3	Review & practice of previous materials + amalgamating the figures
4	Additional leading/following concepts according to the foot patterns being danced + basic partnering concepts
5	Review of materials to date + Partnering presentation concepts
6	Dance performance concepts: Presentation of the partner and maintaining the character of the dance. Social style vs Competitive style
7	Music Identification week – Hearing the difference between dances + dancing
8	Introduction to the 2 nd dance for the semester – basic rhythm & characterization of the dance + introduction of named foot patterns
9	Review of previous week + Concepts of leading & following in the basic + additional principle figures
10	Review & practice of previous materials
11	Additional leading/following concepts according to the foot patterns being danced + key partnering concepts
12	Review of materials to date + Key partnering & presentation concepts
13	Student Dance Demonstration Week
14	Dance Party

Curriculum Notes: Weekly curriculum presentation may change based on the learning capacity and retention rate of the class being instructed. Some classes may receive instruction in more than two dances. Since there are 15 dances which can be presented it is necessary for students to be able to continue and /or repeat enrolling in the same courses and sections in multiple semesters.