

DANCE

Students completing this program should be fully prepared to move on to the next level of dance education.

Associate in Arts Degrees

- Dance - Associate in Arts (<https://lbcc-public.courseleaf.com/degrees-certificates/dance/dance-aa/>)

DANCE 1 3 units

Dance Forms Through the Ages

54 hours lecture

Grading: letter grade or pass/no pass.

This course explores the world of dance including its role in culture, its development through history and the theatrical dance forms in contemporary America.

Transferable to both UC and CSU; see counselor for limitations

DANCE 2 2 units

Introduction to Dance

27 hours lecture, 27 hours laboratory

Grading: letter grade or pass/no pass.

This course introduces the basic dance techniques of ballet, modern, and jazz dance. It is recommended for students with no dance experience.

Transferable to CSU Only

DANCE 3 2 units

Musical Theatre Dance

27 hours lecture, 27 hours laboratory

Corequisite: One of the following-DANCE 2 or 3 or 5 or 6 or 8 or 12A or 13 or 14 or 15 or 16 or 17 or 18A or 18B or 20 or 21 or 24 or 26 or 27 or 28 or 29 or 46.

Recommended Preparation: DANCE 12A or DANCE 12B.

Grading: letter grade or pass/no pass.

Formerly DANCE 3AD. This course introduces musical theatre dance styles from the 1940s to the present. It includes the study of ballet, jazz and tap techniques to prepare students for performance in musical theatre emphasizing creating character through movement.

Transferable to both UC and CSU; see counselor for limitations

DANCE 5 2 units

Tap Dance 1

27 hours lecture, 27 hours laboratory

Grading: letter grade or pass/no pass.

Formerly DANCE 5AB. Students will study basic tap dance techniques.

This course provides the opportunity to develop coordination, rhythm and performance skills. Some history of tap will be included.

Transferable to both UC and CSU; see counselor for limitations

DANCE 6 2 units

Tap Dance 2

27 hours lecture, 27 hours laboratory

Recommended Preparation: DANCE 5.

Grading: letter grade or pass/no pass.

Formerly DANCE 6AB. This is a continuing study of tap dance skills, emphasizing the intermediate level of dance. The course includes the study of terminology, tap history and tap styles.

Transferable to both UC and CSU; see counselor for limitations

DANCE 8 2 units

Stretch and Relaxation

27 hours lecture, 27 hours laboratory

Grading: letter grade or pass/no pass.

Formerly DANCE 8AD. This course includes the study and practice of stretching and breathing principles for increased flexibility, reduction of stress and improved mental and physical health.

Transferable to both UC and CSU; see counselor for limitations

DANCE 12A 2 units

Pilates 1

27 hours lecture, 27 hours laboratory

Grading: letter grade or pass/no pass.

Formerly DANCE 12AD. This course will include basic elements from Pilates focusing on mat work, ball, magic circle, theraband, foam roller and Reformer exercises. The course will include basic anatomy, Pilates terminology, alignment, breath, strength and flexibility exercises. This course is designed to enhance dance technique and performance and prevent injuries.

Transferable to both UC and CSU; see counselor for limitations

DANCE 12B 2 units

Pilates 2

27 hours lecture, 27 hours laboratory

Recommended Preparation: DANCE 12A.

Grading: letter grade or pass/no pass.

This course will include Intermediate to Advanced elements from Pilates with a Dance Specialization focusing on challenging mat work, ball, magic circle, theraband, foam roller and Reformer exercises. The course will include basic anatomy, Pilates terminology, spinal alignment, breathing patterns, strength and flexibility exercises. Emphasis will be put on spinal and pelvic alignment, breathing to relieve stress and allow adequate oxygen flow to the muscles, while developing a strong core and improving coordination and balance.

Transferable to CSU Only

DANCE 13 2 units

Turns

27 hours lecture, 27 hours laboratory

Prerequisite: DANCE 14 or DANCE 20 or DANCE 26.

Grading: letter grade or pass/no pass.

Formerly DANCE 13AD. This course includes the practice and study of beginning to advanced turns for modern, ballet and jazz dance.

Transferable to both UC and CSU; see counselor for limitations

DANCE 14 2 units

Modern Dance 1

27 hours lecture, 27 hours laboratory

Grading: letter grade or pass/no pass.

Formerly DANCE 14AB. This course emphasizes dance technique, musicality, improvisation and composition within the modern dance idiom. Full body warm-ups, technical exercises, and dance combinations will be explored as a way to build skill, kinesthetic awareness, physical strength, and artistry.

Transferable to both UC and CSU; see counselor for limitations

DANCE 15 2 units**Modern Dance 2****27 hours lecture, 27 hours laboratory**

Recommended Preparation: DANCE 14.

Grading: letter grade or pass/no pass.

Formerly DANCE 15AB. This course continues to focus on building technical skill in modern dance including more challenging combinations and patterns, syncopation, and variation in tempo. Musicality, improvisation, and composition skills will be further developed with more challenging exercises and assignments.

Transferable to both UC and CSU; see counselor for limitations

DANCE 16 2 units**Modern Dance 3****27 hours lecture, 27 hours laboratory**

Recommended Preparation: DANCE 15.

Grading: letter grade or pass/no pass.

Formerly DANCE 16AB. This course focuses on building intermediate technical skills in modern dance including more challenging combinations and patterns, increased syncopation, and variation in tempo emphasizing medium to fast weight changes Musicality, improvisation, and composition skills will be further developed with more challenging exercises and assignments.

Transferable to CSU Only

DANCE 17 2 units**Modern Dance 4****27 hours lecture, 27 hours laboratory**

Recommended Preparation: DANCE 16.

Grading: letter grade or pass/no pass.

Formerly DANCE 17AB. This course is an advanced study of modern dance techniques for the concert stage, encompassing more complicated combinations taught at a quicker pace, with an emphasis on movement expression, creating composition studies, and a comparison on modern styles and choreographers.

Transferable to both UC and CSU; see counselor for limitations

DANCE 18A 2 units**Folk and Ethnic Dance-African****27 hours lecture, 27 hours laboratory**

Grading: letter grade or pass/no pass.

Formerly DANCE 18AD. This course introduces dance from African cultures and examines its role in society through the practice of dance traditions and rituals. Basic dance steps and styles are taught, emphasizing coordination, rhythm and body awareness.

Transferable to both UC and CSU; see counselor for limitations

DANCE 18B 2 units**Folk and Ethnic Dance-Belly Dance****27 hours lecture, 27 hours laboratory**

Grading: letter grade or pass/no pass.

This course will focus on training students to understand and perform belly dance. Students will also learn about the different music, history, and culture of this dance style. Students will demonstrate mastery of belly dance through choreographed and non-choreographed class performances.

Transferable to CSU Only

DANCE 19 3 units**Hip Hop Dance History****54 hours lecture**

Grading: letter grade or pass/no pass.

This course is a comprehensive survey of Hip-hop dance history. The content of this course will cover the contributions and perspectives of men, women and members of various ethnic or cultural groups in street dance styles known as Hip-Hop from the 20th and 21st centuries.

Transferable to both UC and CSU; see counselor for limitations

DANCE 20 2 units**Jazz Dance 1****27 hours lecture, 27 hours laboratory**

Grading: letter grade or pass/no pass.

Formerly DANCE 20AB. This course serves as an introduction to the movement skills used in jazz dance. It includes the use of dynamics in rhythm, sustained and percussive tension, and dramatic focus unique to jazz.

Transferable to both UC and CSU; see counselor for limitations

DANCE 21 2 units**Jazz Dance 2****27 hours lecture, 27 hours laboratory**

Recommended Preparation: DANCE 20.

Grading: letter grade or pass/no pass.

Formerly DANCE 21AB. This course is a study of the movement skills that require an intermediate knowledge of jazz dance techniques. Emphasis is on executing movement with a sense of performance and using long movement patterns with a focus on dynamics in rhythm, sustained and percussive tension, and dramatic focus that are unique to jazz.

Transferable to both UC and CSU; see counselor for limitations

DANCE 24 2 units**Hip Hop****27 hours lecture, 27 hours laboratory**

Grading: letter grade or pass/no pass.

This course will introduce students to the fundamentals of the hip hop/funk dance style. The students will learn the fundamentals of today's dances that are commonly used in music videos. Classes will include warm-up exercises, isolations, floor stretches and strengthening specific to the hip hop/funk style of dance. This will also include locomotor movements practiced across the floor and short dance combinations.

Transferable to CSU Only

DANCE 26 2 units**Ballet 1****27 hours lecture, 27 hours laboratory**

Grading: letter grade or pass/no pass.

Formerly DANCE 10AB. This course includes the study and execution of fundamental ballet techniques, including appreciation of ballet as an art form through the study of its history, current trends and terminology.

Transferable to both UC and CSU; see counselor for limitations

DANCE 27 2 units**Ballet 2****27 hours lecture, 27 hours laboratory**

Recommended Preparation: DANCE 26.

Grading: letter grade or pass/no pass.

This course includes the study and execution of beginning ballet techniques, including appreciation of ballet as an art form through the study of its history, current trends and terminology. This course focuses on more challenging combinations and patterns, syncopation, and variation in tempo.

Transferable to CSU Only

DANCE 28 2 units**Ballet 3****27 hours lecture, 27 hours laboratory**

Recommended Preparation: DANCE 27.

Grading: letter grade or pass/no pass.

This course includes the study and execution of intermediate ballet techniques, including appreciation of ballet as an art form through the study of its history, current trends and terminology. This course focuses on more challenging combinations and patterns with an emphasis on musicality, placement, stability, and speed. Student will gain strength, improved coordination and alignment and demonstrate technical accuracy.

Transferable to CSU Only

DANCE 29 2 units**Ballet 4****27 hours lecture, 27 hours laboratory**

Recommended Preparation: DANCE 28.

Grading: letter grade or pass/no pass.

Formerly DANCE 11AB. This course includes the study and execution of advanced ballet techniques, including appreciation of ballet as an art form through the study of its history, current trends and terminology. This course focuses on more challenging combinations and patterns with an emphasis on musicality, placement, stability, and speed including an introduction to contemporary ballet vocabulary. Student will gain strength, improved coordination and alignment, and demonstrate technical accuracy.

Transferable to both UC and CSU; see counselor for limitations

DANCE 31 2 units**Choreography I****27 hours lecture, 27 hours laboratory**

Prerequisite: DANCE 14 or DANCE 20 or DANCE 26.

Grading: letter grade or pass/no pass.

Formerly DANCE 31AB. This course is a study of creating movement for the dancer focusing on discovering inventive movement, creating a personal style of expression, and development of aesthetic judgment.

Transferable to both UC and CSU; see counselor for limitations

DANCE 32 2 units**Choreography 2****27 hours lecture, 27 hours laboratory**

Recommended Preparation: One semester of DANCE 31.

Grading: letter grade or pass/no pass.

Formerly DANCE 32AB. This course is a study of choreography for a group of dancers focusing on the use of design in space to create dances of significant form. It includes work in a collaborative environment teaching choreography to workshop participants.

Transferable to both UC and CSU; see counselor for limitations

DANCE 33 2 units**Dance Choreography Workshop****27 hours lecture, 27 hours laboratory**

Prerequisite: DANCE 14, DANCE 20 or DANCE 26.

Grading: letter grade or pass/no pass.

Formerly DANCE 33AD. This course is a collaborative workshop environment in which class participants work with student choreographers in the creation of dances of significant form and content.

Transferable to both UC and CSU; see counselor for limitations

DANCE 41 2.5 units**Dance Performance****144 hours laboratory**

Corequisite: One of the following - DANCE 2, 3, 5, 6, 8, 12A, 12B, 13, 14, 15, 16, 17, 18A, 18B, 20, 21, 24, 26, 27, 28, 29, 31, 32, 33, 46.

Grading: letter grade or pass/no pass.

Formerly DANCE 41AD. This course prepares students for the professional stage by developing the skills of professional dancers and nurturing choreographers' artistic development. It emphasizes the application of choreographic concepts and skills through rehearsal and performance of dance projects for public performance. The appropriate class section in this sequence is assigned following skills assessment at the initial class meeting.

Transferable to both UC and CSU; see counselor for limitations

DANCE 41/1 0.5 units**Dance Performance****36 hours laboratory**

Corequisite: DANCE 2, 3, 5, 6, 8, 12A, 12B, 13, 14, 15, 16, 17, 18A, 18B, 20, 21, 24, 26, 27, 28, 29, 31, 32, 33, 46.

Grading: letter grade or pass/no pass.

This course prepares students for the professional stage by developing the skills of professional dancers and nurturing choreographers' artistic development. It emphasizes the application of choreographic concepts and skills through rehearsal and performance of dance projects for public performance. The appropriate class section in this sequence is assigned following skills assessment at the initial class meeting.

Transferable to both UC and CSU; see counselor for limitations

DANCE 41/2 1 units**Dance Performance****72 hours laboratory**

Corequisite: DANCE 2, 3, 5, 6, 8, 12A, 12B, 13, 14, 15, 16, 17, 18A, 18B, 20, 21, 24, 26, 27, 28, 29, 31, 32, 33, 46.

Grading: letter grade or pass/no pass.

This course prepares students for the professional stage by developing the skills of professional dancers and nurturing choreographers' artistic development. It emphasizes the application of choreographic concepts and skills through rehearsal and performance of dance projects for public performance. The appropriate class section in this sequence is assigned following skills assessment at the initial class meeting.

Transferable to both UC and CSU; see counselor for limitations

DANCE 41/3 2 units**Dance Performance****108 hours laboratory**

Corequisite: DANCE 2, 3, 5, 6, 8, 12A, 12B, 13, 14, 15, 16, 17, 18A, 18B, 20, 21, 24, 26, 27, 28, 29, 31, 32, 33, 46.

Grading: letter grade or pass/no pass.

This course prepares students for the professional stage by developing the skills of professional dancers and nurturing choreographers' artistic development. It emphasizes the application of choreographic concepts and skills through rehearsal and performance of dance projects for public performance. The appropriate class section in this sequence is assigned following skills assessment at the initial class meeting.

Transferable to both UC and CSU; see counselor for limitations

DANCE 45 2.5 units

Musical Theatre Dance Performance

144 hours laboratory

Corequisite: One of the Following - DANCE 2, 3, 5, 6, 8, 11, 12AD, 13, 14, 15, 16, 17, 18A, 18B, 20, 21, 24, 26, 28, 29, 46.

Recommended Preparation: DANCE 11 or DANCE 12.

Grading: letter grade or pass/no pass.

This course prepares students for the performance of a musical emphasizing developing character through dance culminating in a public presentation.

Transferable to CSU Only

DANCE 46 2 units

Ballroom/Social Dance

27 hours lecture, 27 hours laboratory

Grading: letter grade or pass/no pass.

This course introduces students to the fundamentals of partner dance skills in Swing, Salsa, Waltz, Foxtrot, and Tango and other social dances.

Students will practice movement techniques, patterns, and styling applicable to each style of dance.

Transferable to CSU Only