

COURSE OUTLINE

DANC-105
Belly Dancing
1 Semester Hour

HOWARD COMMUNITY COLLEGE

Description

This course will focus on training students to understand and perform belly dance. Movement includes basic isolation and moves with the head, shoulders, arms, hands, chest, belly, hips, and feet as well as techniques which incorporate the entire body. 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. (2 hours weekly) NOTE: Also listed as LFIT-105.

Overall Course Objectives

Upon completion of this course, the student will be able to:

1. Define basic belly dance terminology
2. Outline history and cultural roots of this dance style
3. Understand physical presence and posture in performance
4. Demonstrate ability to take direction and adjust accordingly
5. Demonstrate ability to work well within a group of dancers
6. Demonstrate at least two major styles of belly dance

Major Topics

- I. Technique: Basic posture, breath work, and isolation
- II. Toning and flexibility: Challenging and stretching the body
- III. Emotion and storytelling: Using the body as a tool, adapting to the music, and audience awareness and literacy
- IV. Belly dance in different cultures: Evolution and current stereotypes

Course Requirement

Grading/exams: Students will write a minimum of one critique on a dance performance. Demonstration of course objectives in class will determine the final grades.

Other Course Information

This course is an Arts and Sciences Elective and a Fine Arts and Humanities elective. Participation is required to master course objectives.