

**Course Outline**  
**LFIT-110**  
**Ballroom and Latin Dance**  
**1 Credit**

**HOWARD COMMUNITY COLLEGE**

**Description**

This course will focus on training students to understand and perform basic ballroom and Latin steps, turns, and partnering. Students will also learn the rhythms, history, and culture of each style. Students will demonstrate mastery of these styles through choreographed and non-choreographed class performances. (2 hours weekly)

NOTE: Also listed as DANC-110.

**Overall Course Objectives**

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

1. Define basic ballroom and partnering terminology
2. Outline history and cultural roots of each dance style
3. Understand physical presence and posture in performance
4. Demonstrate ability to work well with a partner
5. Demonstrate ability to work well within a group of dancers
6. Demonstrate major styles of ballroom dance
7. Outline dancers' performances

**Major Topics**

- I. Footwork and hand placement
- II. Breath work in dance
- III. Partnering skills through physical and eye contact
- IV. Different styles such as waltz, polka, foxtrot, salsa, mambo, and meringue

**Course Requirement**

Grading/exams: Grading procedures will be determined by the individual faculty member but will include the following:

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, Humanities and Arts and Sciences elective. Participation is required to master course objectives.