

**DANCE**

**DANCE 1 Dance Appreciation**

Examines 20th Century dance in multiple cultural, artistic, historical and performance contexts, using lectures, video, demonstration, viewing live performances and exploration of selected dance styles. This course meets the Cabrillo College multicultural studies requirement.

Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	TTH	2:10PM-3:30PM	3.00	D.King	VAPA1001
2	Arr.	Arr.	3.00	C.Pearlman	OL

Section 2 is an ONLINE course. For details, see instructors web page at [go.cabrillo.edu/online](http://go.cabrillo.edu/online).

**DANCE 3AP Dance Conditioning/Pilates I**

Presents instruction in the six principles of Pilates mat work with an emphasis on body/mind awareness, increased strength, flexibility, and efficient movement function leading to higher level performance in dance techniques and movement skills.

Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units. DANCE 3AP is considered a KIN activity course.

Section	Days	Times	Units	Instructor	Room
1	MW	9:30AM-10:50AM	1.50	S.Spencer	1117

**DANCE 3BP Dance Conditioning/Pilates II**

Continues instruction in the six principles of Pilates mat work with an emphasis on body/mind awareness, increased strength, flexibility, and efficient movement function leading to higher level performance in all dance techniques and movement skills. Prerequisite: DANCE 3AP or equivalent skills.

Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units. DANCE 3BP is considered a KIN activity course.

Section	Days	Times	Units	Instructor	Room
1	MW	9:30AM-10:50AM	1.50	S.Spencer	1117

**DANCE 3CP Dance Conditioning/Pilates III**

Teaches performance of the six principles of Pilates work with an emphasis on sequences increasing strength, flexibility, and efficient movement function leading to higher level performance in all dance techniques and movement skills. Prerequisite: DANCE 3BP or equivalent skills.

Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units. DANCE 3CP is considered a KIN activity course.

Section	Days	Times	Units	Instructor	Room
1	MW	9:30AM-10:50AM	1.50	S.Spencer	1117

**DANCE 4 Contemporary Modern Dance I**

Introduces the foundations of current physical and expressive beginning dance techniques by focusing on basic skills, musicality, and the art of dance. Recommended Preparation: DANCE 2A. Repeatability: This course may be taken no more than four times, including in any combination with the following course(s): DANCE 4, 5, 64.

Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	TTH	12:40PM-2:00PM	1.50	C.Funsch	1117

**DANCE 5 Contemporary Modern Dance II**

Teaches intermediate contemporary modern dance technique, develops personal expression and musicality, improves alignment, body awareness, and conditioning while performing longer and more challenging movement combinations to live music. Recommended Preparation: DANCE 4. Repeatability: This course may be taken no more than four times, including in any combination with the following course(s): DANCE 4, 5, 64.

Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	TTH	12:40PM-2:45PM	2.00	C.Funsch	1117

**DANCE 7 Ballet I**

Introduces basic techniques and principles of ballet through barre, center floor work, across-the-floor combinations while acquainting the student with the aesthetics, history and tradition of classical ballet. Recommended Preparation: DANCE 2A. Repeatability: This course may be taken no more than four times, including in any combination with the following course(s): DANCE 7, 8, 76, 78.

Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	TTH	8:00AM-9:20AM	1.50	V.Munday	1117

**DANCE 8 Ballet II**

Presents intermediate level techniques and principles of ballet through barre, center floor work and across-the-floor combinations while exploring in more depth the aesthetics, history and tradition of the classical ballet. Recommended Preparation: DANCE 7. Repeatability: This course may be taken no more than four times, including in any combination with the following course(s): DANCE 7, 8, 76, 78.

Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	TTH	8:00AM-10:05AM	2.00	V.Munday	1117

**DANCE 9A Beginning Jazz Dance I**

Introduces beginning level Jazz Dance techniques, warm-up, and conditioning exercises for the student who has little or no prior experience. Recommended Preparation: DANCE 2A. Repeatability: May be taken 1 time; thereafter may be audited.

Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	TTH	4:30PM-5:50PM	1.50	V.Munday	1117

**DANCE 9B Beginning Jazz Dance II**

Continues the exploration of Jazz Dance techniques from DANCE 9A adding aspects of musicality, performance, and stylistic nuance. Prerequisite: DANCE 9A or equivalent skills. Repeatability: May be taken 1 time; thereafter may be audited.

Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	TTH	4:30PM-5:50PM	1.50	V.Munday	1117

**DANCE 10A Intermediate Jazz Dance I**

Introduces intermediate level Jazz Dance techniques and performance skills, with emphasis placed on improvisational skills, stylistic interpretation, and "the cool" in the context of 20th century Jazz Dance history. Recommended Preparation: DANCE 9B or equivalent skills. May be taken 1 time; thereafter, may be audited.  
Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	TTH	4:30PM-5:50PM	1.50	V.Munday	1117

**DANCE 10B Intermediate Jazz Dance II**

Continues the physical study of historic Jazz Dance techniques and styles from DANCE 10A with emphasis placed on accuracy of reproduction and individual stylistic interpretation. Recommended Preparation: DANCE 10A or equivalent skills. May be taken 1 time; thereafter, may be audited.  
Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	TTH	4:30PM-5:50PM	1.50	V.Munday	1117

**DANCE 12A Choreography I**

Introduces the art of making dances for choreographers working in any style of dance, and is open to students with little or no dance experience. May be taken 1 time; thereafter, may be audited.  
Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	MW	12:40PM-2:45PM	2.00	King/Pearlman	1117

**DANCE 12B Choreography II**

Continues the study of crafting dances from DANCE 12A, while expanding the use of formal structures and more complex content, to develop dances that reflect the creative vision of the dancemaker. Prerequisite: DANCE 12A or equivalent skills. May be taken 1 time; thereafter, may be audited.  
Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	MW	12:40PM-2:45PM	2.00	King/Pearlman	1117

**DANCE 14A Dance Production**

Choreograph, perform, and collaborate in the creation of dances presented in a concert focused on the work of emerging student dance artists. Recommended Preparation: DANCE 2A. Repeatability: This course may be taken no more than four times, including in any combination with the following course(s): DANCE 13, 14A, 53, 92, 57, 67.  
Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	M	3:00PM-3:50PM	1.00	D.King	1117
&	W	3:00PM-4:05PM		D.King	1117
2	MW	3:00PM-5:05PM	2.00	R.Martyn	1117
3	MW	3:00PM-6:05PM	3.00	D.King	1117

**DANCE 15A Salsa Dance I**

Introduces the Salsa Dance genre and its social importance for the student with little or no experience in the form. Recommended Preparation: DANCE 2A. May be taken 1 time; thereafter, may be audited.  
Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	M	6:30PM-8:35PM	1.00	H.Jackson-Jones	1117

**DANCE 15B Salsa Dance II**

Continues the study of physical and expressive techniques from DANCE 15A with emphasis placed on performing more complex Salsa Dance figures. Prerequisite: DANCE 15A. May be taken 1 time; thereafter, may be audited.  
Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	M	6:30PM-8:35PM	1.00	H.Jackson-Jones	1117

**DANCE 15C Salsa Dance III**

Continues the study of Salsa Dance from DANCE 15B, synthesizing Salsa techniques with emphasis on personal expression and creativity within the cultural form. May be taken 1 time; thereafter, may be audited. Prerequisite: DANCE 15B or equivalent skills.  
Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	M	6:30PM-8:35PM	1.00	H.Jackson-Jones	1117

**DANCE 16A Baile Folklórico: Regional Dances of Mexico I**

Introduces the fundamentals of Mexican Folklórico Dance techniques, sones jaroques, jaliscienses, huastecos y sinaloenses, to students with little or no experience in this form. May be taken 1 time; thereafter, may be audited.  
Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	M	6:00PM-9:05PM	1.50	J.Johns	WatA130

**DANCE 16B Baile Folklórico: Regional Dances of Mexico II**

Continues the study of Mexican Folklórico Dance from DANCE 16A, introducing the indigenous and mestizo dances of Mexico, with a focus on dance as a performing art. Prerequisite: DANCE 16A or equivalent skills. May be taken 1 time; thereafter, may be audited.  
Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	M	6:00PM-9:05PM	1.50	J.Johns	WatA130

**DANCE 17A Latin Dance I**

Introduces fundamentals of Latin Dance techniques, merengue, salsa, cha cha, and bachata, to students with little or no dance experience. Recommended Preparation: DANCE 2A. May be taken 1 time; thereafter, may be audited.

Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	TH	3:30PM-5:35PM	1.00	Martyn/Jackson Jones	WatA130
2	TH	3:30PM-6:35PM	1.50	Martyn/Jackson Jones	WatA130

**DANCE 17B Latin Dance II**

Continues the study of Latin Dance from DANCE 17A, introducing the Rumba and Samba, and beginning the focus on Latin forms for performance and competition.

Prerequisite: DANCE 17A or equivalent skills. May be taken 1 time; thereafter may be audited.

Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	TH	3:30PM-5:35PM	1.00	Martyn/Jackson Jones	WatA130
2	TH	3:30PM-6:35PM	1.50	Martyn/Jackson Jones	WatA130

**DANCE 17C Latin Dance III**

Continues the study of Latin Dance from DANCE 17B, introducing the Mambo and Cumbia forms with focus skill building for competition and advanced level performance. Prerequisite: DANCE 17B or equivalent skills. May be taken 1 time; thereafter may be audited.

Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	TH	3:30PM-5:35PM	1.00	Martyn/Jackson Jones	WatA130
2	TH	3:30PM-6:35PM	1.50	Martyn/Jackson Jones	WatA130

**DANCE 17D Latin Dance IV**

Continues the study of Latin Dance from DANCE 17C, introducing the Bolero and refining the Mambo and Cumbia forms, focusing on competition and advanced level performance. Prerequisite: DANCE 17C or equivalent skills. May be taken 1 time; thereafter may be audited.

Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	TH	3:30PM-5:35PM	1.00	Martyn/Jackson Jones	WatA130
2	TH	3:30PM-6:35PM	1.50	Martyn/Jackson Jones	WatA130

**DANCE 19A Hip Hop Dance I**

Introduces the foundation of current physical and expressive Hip Hop Dance techniques to the student with little or no experience in the form by focusing on basic skills, musicality and the different Hip Hop Dance genres. Recommended Preparation: DANCE 2A. May be taken 1 time; thereafter, may be audited.

Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	MW	11:00AM-12:20PM	1.50	S.Hsu	1117

**DANCE 19B Hip Hop Dance II**

Continues the exploration of foundational techniques in Hip Hop Dance from DANCE 19A with increasing emphasis on the use of correct form and safe performance for personal expression. Prerequisite: DANCE 19A or equivalent skills. May be taken 1 time; thereafter may be audited.

Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	MW	11:00AM-12:20PM	1.50	S.Hsu	1117

**DANCE 19C Hip Hop Dance III**

Continues the study of Hip Hop Dance techniques from DANCE 19B synthesizing Hip Hop Dance techniques with personal expression and musicality, encouraging the student to find a personal connection to the dance form. Prerequisite: DANCE 19B or equivalent skills. May be taken 1 time; thereafter, may be audited.

Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	MW	11:00AM-12:20PM	1.50	S.Hsu	1117

**DANCE 19D Hip Hop Dance IV**

Continues and deepens the practice of Hip Hop Dance techniques from DANCE 19C, elaborating on Hip Hop movement styles to refine personal expressivity, musicality, and the use of poetic imagery to connect to the dance form.

Prerequisite: DANCE 19C or equivalent skills. May be taken 1 time; thereafter, may be audited.

Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	MW	11:00AM-12:20PM	1.50	S.Hsu	1117

**DANCE 81 Swing Dance**

Builds understanding of swing dance and expands the students' repertoire of dance skills across a wide range of traditional and popular swing dance styles.

Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	W	6:30PM-8:35PM	1.00	H.Jackson-Jones	1117

**DANCE 82A Body Mind Techniques: Applied Somatics I**

Provides students of any experience level an introductory survey of somatic modalities, increasing body awareness and wellness through an exploration of movement and dance as a creative, performance, and healing art.

Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	T	6:30PM-8:35PM	1.00	R.Van Dessel	1117

2 MW 9:00AM-10:20AM 1.00 Y.Porter-Honicky 513  
Meets 12 weeks, 2/21-4/4 and 4/16-5/23. Spring break 3/26-3/30. Students must be enrolled in the Academy for College Excellence. For more information regarding the Academy for College Excellence, see Digital Management Career Preparation in the Schedule of Classes or call (831) 477-3340.

**DANCE 82B Body Mind Techniques: Applied Somatics II**

Continues a survey of somatic modalities, increasing body awareness and wellness through an exploration of movement and dance as a creative, performance, and healing art. Recommended Preparation: DANCE 82A or equivalent skills. Eligibility for ENGL 100 and READ 100

Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	T	6:30PM-8:35PM	1.00	R.Van Dessel	1117