

# DANCE-NOCE (DAN)

<b>DAN 102</b> <b>Ballroom Dancing - Latin and Swing Dance</b> Learn the most popular dances. Includes traditional contemporary dances: cha cha, waltz, foxtrot, tango, East Coast swing samba, rumba, and country western. Have fun and make new friends! A partner is not required. You must wear soft-soled shoes. Last class meeting arranged for night out dancing (nominal fee). <i>(Fee-Based)</i>	<b>16 Hours</b>	<b>DAN 125</b> <b>Irish Dance - Beginning</b> Ages 13-Adult Learn Irish dance from an instructor who has taught adults for 15 years! Students will learn the beginner steps of the Reel and Jig and a social dance. Class will be fun, informative, and a place to meet new friends. Also, a great way to prepare for St. Patrick's Day! Music CD required. <i>(Fee-Based)</i>	<b>4 Hours</b>
<b>DAN 103</b> <b>West Coast Swing Dance</b> Learn only one dance West Coast Swing! Dance it fast or slow to your favorite music. The official state dance of California. This dance will be popular forever. A partner is not required. Wear soft soled shoes. Last class meeting arranged for night out dancing (nominal fee). <i>(Fee-Based)</i>	<b>12 Hours</b>	<b>DAN 130</b> <b>Waltz, Cha Cha &amp; Tango Dance</b> Learn the basics and have fun with American style dancing. A partner is not required. <i>(Fee-Based)</i>	<b>12 Hours</b>
<b>DAN 104</b> <b>Salsa Dance</b> Learn the basics and fun variations of this hot dance. A partner is not required. <i>(Fee-Based)</i>	<b>10 Hours</b>	<b>DAN 135</b> <b>Ballroom Dancing - Rhythm &amp; Latin Style: Cha Cha, Swing, Rumba, Mambo, Samba</b> Learn the basic steps and variations of these rhythm and latin style dances. Join the class for a fun evening of dancing. <i>(Fee-Based)</i>	<b>16 Hours</b>
<b>DAN 112</b> <b>Adult Jazz Dance</b> Students will learn jazz dance techniques with strength and flexibility training along with simple dance combinations. <i>(Fee-Based)</i>	<b>10 Hours</b>	<b>DAN 140</b> <b>Latin Cardio Blast</b> Come dance to a variety of latin beats while learning the basic steps of salsa, merengue, samba and more. Have fun while burning calories. This is a cardio blast workout, so bring a towel and water. <i>(Fee-Based)</i>	<b>10 Hours</b>
<b>DAN 114</b> <b>Adult Ballet - Beginning</b> This course will concentrate on the fundamental techniques of ballet. Each class will begin with the basic "barre" exercises, moving into the center for stretching and ballet combinations, followed by executing moves while traveling across the floor. <i>(Fee-Based)</i>	<b>10 Hours</b>	<b>DAN 145</b> <b>Ballroom Dancing - Smooth Style: Fox Trot, Waltz, Tango</b> Learn the basic steps and variations of these smooth, elegant ballroom dances. Join the class for a fun evening of dancing. <i>(Fee-Based)</i>	<b>16 Hours</b>
<b>DAN 117</b> <b>Waltz and Cha Cha Dance</b> Learn and dance some fun patterns of both Waltz and Cha Cha. Both dances are very popular. Learn the basics and techniques of both. Join us for some fun. Last class meeting arranged for night out dancing (nominal fee). <i>(Fee-Based)</i>	<b>12 Hours</b>	<b>DAN 150</b> <b>Bellydancing Techniques for Performance</b> Learn everything necessary to perform a short belly dancing routine in 6 weeks. Good for parties or events and anyone interested in learning the proper technique and execution of this dance quickly. Learn finger cymbals and veil techniques as well. <i>(Fee-Based)</i>	<b>6 Hours</b>
<b>DAN 118</b> <b>Fox Trot and Tango Dancing</b> Experience both the Fox Trot and American and Argentine styles of Tango dancing. Both dance styles are very popular. Learn the basics and techniques of both. Join us for some fun. Last class meeting arranged for night out dancing (nominal fee). <i>(Fee-Based)</i>	<b>12 Hours</b>	<b>DAN 160</b> <b>Afro-Latin Dance Workout</b> In this low impact aerobics class, students will learn basic African and Caribbean dance moves to the beat of percussion music. <i>(Fee-Based)</i>	<b>8-12 Hours</b>
<b>DAN 119</b> <b>The Art of Belly Dancing</b> Exercise while exploring the dance and rhythms of the Near and Middle East through Belly Dancing. Learn arm, hand and body movements including belly rolls as well as techniques for finger cymbals and veil work. Class taught to accommodate beginners as well as those with experience. Bring finger cymbals or learn how to make them with bottle caps and 3 yards of flowing fabric approximately 45 inches wide for the veil session. <i>(Fee-Based)</i>	<b>36 Hours</b>	<b>DAN 165</b> <b>Belly Dance Workout</b> Students will experience the mystery and beauty of the dances of the Middle East including Belly dance, Dabke and fusion forms designed in an exercise/workout format. <i>(Fee-Based)</i>	<b>6 Hours</b>
<b>DAN 120</b> <b>Hip Hop Dance</b> Learn new hip hop dance moves and fun, funky choreography! Stimulate your mind while learning choreography and strengthen your body with our fun stretches and exercises. <i>(Fee-Based)</i>	<b>4 Hours</b>	<b>DAN 170</b> <b>Salsa Boot Camp</b> Students will learn eight count Salsa basics and how to lead and follow in this intensive class. Learn this popular dance, have fun and exercise. <i>(Fee-Based)</i>	<b>9 Hours</b>
		<b>DAN 175</b> <b>Argentine Tango</b> Students will learn basic steps, coordination, and partnering skills, along with styling and more intricate footwork. Once you experience this dance form, you will want to continue your Tango journey forever! <i>(Fee-Based)</i>	<b>6 Hours</b>
		<b>DAN 177</b> <b>Argentine Tango Workshop</b> Learn and practice the fabulous style of Tango from Argentina that continues to gain popularity. Get yourself prepared to attend a Milonga/ dance and enjoy the energy. American and International derived from this beautiful Tango. Learn Caminadas, Ochos, Ganchos and more. <i>(Fee-Based)</i>	<b>8-12 Hours</b>

**DAN 180 6 Hours****East Coast Swing Dance**

Students will learn various Swing dance styles such as: Jitterbug, East Coast Triple Step, Charleston, Lindy, and Balboa. The course will focus on learning the steps, body mechanics, and partnering skills to get you Swingin' with style! *(Fee-Based)*

**DAN 185 6 Hours****Latin Social Dance**

Classes will cover Merengue. By the end of these six weeks, you will have developed lots of partnering and styling skills, and you'll know what to do when you hear some fabulous Latin music! *(Fee-Based)*

**DAN 190 9 Hours****West Coast Swing Boot Camp**

Students will learn six and eight count basics and how to lead and follow in this intensive class. Learn this popular smooth style swing, have fun and exercise. *(Fee-Based)*

**DAN 195 6 Hours****Tap Dance for Adults**

Students will learn the unique American dance form of Tap. This is a beginner level tap dance class that introduces students to basic tap steps and vocabulary during rhythmic exercises. Emphasis is placed on footwork and rhythmic movement during floor choreography and short routines. Tap shoes required. *(Fee-Based)*

**DAN 200 10 Hours****Ballet - Adult Beginning**

This class is designed with the adult beginning dancer in mind. Class will focus on barre, center and across the floor work found in a traditional ballet class. Proper use of ballet vocabulary and technique is emphasized. Ballet slippers are required. *(Fee-Based)*

---

---