

## Beginning Social Dance KIN 46a

Department of Kinesiology

Dr. Bethany Shifflett

Phone: 924-3016

Web: <http://www.bshifflett.com>

Office: SPX 83

Email: [bethany.shifflett@sjsu.edu](mailto:bethany.shifflett@sjsu.edu)

Office Hours: T, 1:30-2:30; Wed, 1:30-3:00, Fri 1:30-2:30  
& by appointment

**Course Description:** Designed to enhance students' understanding of social/ballroom dancing and to improve fundamental dance skills in dances such as the Waltz and Cha Cha.

**Text** (no text). Course supplement required. Available at Maple Press (on San Carlos - east of campus)

**Objectives:** Following activities and assigned reading, students will be able to demonstrate through dance and written exams,

- Knowledge of fundamental dance steps, principles of leading and following, rhythmic patterns and technique related to social/ballroom dancing.
- Proficiency in dancing the fundamental steps and variations of each dance covered.
- Ability to move rhythmically and with appropriate style.
- Ability to identify and explain the influence of culture on the emergence and evolution of ballroom dances as well as their characteristic style.

### Grading plan

### Grading scale

Dance Exam 1	35%	90 - 100%	A- A+
Dance Exam 2	35%	80 - 89%	B- B+
Written Exam	15%	70 - 79%	C- C+
Perform/compete	10%	60 - 69%	D- D+
Outings	5%	< 60%	F

### Notes:

- Places to practice: SPX courtyard (keep noise level down as classes and offices are nearby); SJSU event center; Ballroom Dance Club – Fridays 7:30pm – 10pm.
- Partners will change throughout each class period. In addition, each test will be done with a different person.
- Course grades will not be 'posted'. Request grade by e-mail if you would like the information sent.
- Web site includes practice questions for review before exam/quiz.
- Bring a scan form (T&E 0200) to the written exam.
- Students may make up one dance test with instructor (grade with instructor substituted for original)
- Ballroom dance video tapes can be checked out - see course supplement
- Look for announcement of college night out - great fun!
- Written Exam cannot be made up.
- After the second week of class, drop requests will not be accepted after the SJSU drop deadline.
- For dance exams student are expected to dress their best and to the extent possible coordinate with their test partner.

**Dance tests:** For the dance tests, students with a partner (assigned) will choose one dance for the 1st test (Waltz, Cha Cha, or West Coast Swing) and one dance for the 2nd test (Salsa, Hustle, or Tango). For the dance selected, you and your partner will dance the steps covered in class to a one-minute selection of music (provided) for that dance.

**Perform/Compete:** 2 Options are available:

- With a partner, enter and compete in at least two dances at the SJSU Ballroom Classic (November 21).
- Performance: With other students in this class, choreograph a group (formation) piece and perform in class (and optionally at the Ballroom Classic). Another option is to participate in the formation group that will learn a piece this fall and compete at the Ballroom Classic.

**Outings (3) Minimum:** 1 hour lesson at a ballroom studio, club, or SJSU Ballroom Dance Club. Use form in course supplement to record outings and attach receipt from club/studio.

Determining your final course grade

Breakdown:

So, here's a hypothetical situation:

Dance Exam 1	35%	Dance Exam 1	B
Dance Exam 2	35%	Dance Exam 2	A
Written Exam	15%	Written Exam	C
Project	10%	Project	B+
Outings	5%	Outings	B

To figure out this person's course grade you:

1. Transform each letter grade to a grade point equivalent score using the scale below

A+	= 12	B+	= 9	C+	= 6	D+	= 3
A	= 11	B	= 8	C	= 5	D	= 2
A-	= 10	B-	= 7	C-	= 4	D-	= 1
						F	= 0

2. Multiply the weight an item receives by the grade point equivalent for the grade earned. Then sum these values.

$$.35(8) + .35(11) + .15(5) + .10(9) + .05(8) = 7.95$$

3. Take the result and put it back on the grade point equivalent scale to determine the letter grade.

Course grade = B

## Beginning Social Dance - Fall 2009

8/25 Intro/add-drop Technique Info	8/27 <b>Waltz</b> Fwd Change step Box	9/1 <b>Waltz</b> Left box turn Balance-3step turn	9/3 <b>Waltz</b> Scissors
9/8 <b>Cha Cha</b> Cha Cha basic Cross over break (WAT)	9/10 <b>Cha Cha</b> Underarm Turn Cross body lead	9/15 <b>Cha Cha</b> Butterfly	9/17 <b>West Coast Swing</b> Sugar Push Right Side Pass
9/22 <b>NO CLASS (DF)</b>	9/24 <b>West Coast Swing</b> Tuck & Turn Wrist Spin	9/29 <b>West Coast Swing</b> Cradle Whip	10/1 Practice Exam Partner assigned
10/6 Dance Test #1	10/8 <b>Salsa</b> Basic Underarm Turn	10/13 <b>Salsa</b> Parallel Break Wrist Turn	10/15 <b>Salsa</b> Cross Body Lead
10/20 <b>Hustle</b> Closed & Open Basic Underarm Turn	10/22 <b>Hustle</b> Open Pass (hand hold) Exchange	10/27 <b>Hustle</b> Alternating Cradles	10/29 Practice
11/3 <b>Tango</b> Basic Promenade	11/5 <b>Tango</b> Lunge Open Fan	11/10 <b>Tango</b> Turning Rock	11/12 Student's Choice Dance
11/17 Student's Choice Dance	11/19 Practice Review for Written Exam	11/24 Group Performances Practice Exam Partner assigned	11/26 <b>Thanksgiving Break</b>
12/1 Dance Test #2 <b>OUTING FORMS DUE</b>	12/3 Written Exam	12/8 <b>Dance Test Make ups</b>	

Notes: SJSU Ballroom Classic – Saturday November 21<sup>st</sup>  
 DF: Designated Furlough Day