

DANC 167: LATIN DANCE FOR FITNESS

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2021
Credits:	1
Total Contact Hours:	36
Lecture Hours :	18
Lab Hours:	18
Hours Arranged:	0
Outside of Class Hours:	36
District General Education:	E1. Dance Activity
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

Catalog Course Description

Latin Dance for Fitness combines dance, Latin and funk rhythms, and aerobic elements to provide a fun, upbeat, cardiovascular workout. Students will constantly move to various genres of Latin music, utilizing various tempos. Salsa, cha-cha, tango, mambo, Latin jazz, and hip-hop rhythms will be incorporated. Students will build stamina, while increasing cardiovascular fitness. This course is designed to help students develop aerobic capacity, coordination, balance, rhythmic awareness, and flexibility. 18 lecture hours, 18 lab hours.

Course Objectives

- Possess the stamina required to complete 45 to 60 minutes of moving/dancing without breaks or stopping.
- Follow beginning Latin jazz movement, as demonstrated by the instructor.
- Execute all steps and footwork without instructor cueing.
- Develop a personalized Latin jazz fitness plan which may be followed upon course completion.
- Actively participate in similar intermediate-level classes, offered in gyms, fitness studios, and/or in the community.

Major Course Content

1. Warm-up techniques
 - a. Basic steps done to slower-tempo music, to increase blood flow
 - b. Warm-up movement and simple stretches to prepare the muscles for faster-paced steps and movement.
 - c. Rehearsal movements of intermediate steps
2. Steps
 - a. Use of diverse Latin and funk based music combined with aerobic dance steps.
 - i. V-step
 - ii. Side step
 - iii. Grapevine
 - iv. Pivots
 - v. Weight shifts
 - vi. Ball changes

- vii. Shuffles
 - viii. Gallops
 - ix. Chasses
- b. Latin rhythms, hip movements, and Latin stylizations.
 - i. Salsa basic step
 - ii. Mambo basic step
 - iii. Cha-cha basic step
 - iv. Merengue basic step
- c. Body part isolations
 - i. Hips
 - ii. Shoulders
 - iii. Rib cage
 - iv. Head
 - v. Knee
 - vi. Heel/toe
- d. Jumps
 - i. One to same
 - ii. One to other
 - iii. One to two
 - iv. Two to one
 - v. Two to two

1. Strengthening section
 - a. Incorporation of abdominal strengthening exercises to build core strength
 - b. Lunges and squats may to build lower body strength
 - c. Use of hand-held weights, exercise bands, and yoga blocks to create more intensity and resistance
 - d. Incorporation of hand-held weights with arm movement to build upper body strength.
2. Cool down section
 - a. Slower paced intermediate and basic steps
 - b. Stretches for post workout
 - c. Breathing exercises

Lab Content

1. Practice progressive exercises
 - a. Warm-up technique in practicum
 - b. Stretching in practicum
 - c. Floor rehearsal of basic Latin jazz positions for balance, coordination
 - d. Low-impact aerobic exercises for toning, building stamina
2. Execution of Dance Forms
 - a. Dance combinations in practicum
 - b. Sustained movements in practicum
 - c. Jumps and turns in practicum

Suggested Reading Other Than Required Textbook

Dance Magazine Histories of Latin jazz as an art form.

Examples of Required Writing Assignments

Four page paper about Latin jazz history and/or evolution of jazz.

Examples of Outside Assignments

Practice in class lab exercises

Instruction Type(s)

Lecture, Lab