## Physical Education Dance (PEDNC)

### Ballet-Beginning

**PEDNC130**  
22 hours of lab  
Beginning ballet technique including barre and centre work. [PE, SE]

### Ballroom Dance: Mixed

**PEDNC131**  
3 Credits/Units  
66 hours of lab  
Fundamentals, forms and pattern of ballroom dance. Develop confidence through practice with a variety of partners in both smooth and latin style dances to include: waltz, tango, fox trot, quick step and Viennese waltz, mambo, cha cha, rhumba, samba, salsa.

### Ballroom Dance: Smooth

**PEDNC132**  
1 Credit/Unit  
22 hours of lab  
Fundamentals, forms and pattern of ballroom dance. Develop confidence through practice with a variety of partners. Smooth style dances include waltz, tango, fox trot, quick step and Viennese waltz.

### Ballroom Dance: Latin

**PEDNC133**  
1 Credit/Unit  
22 hours of lab  
Fundamentals, forms and pattern of ballroom dance. Develop confidence through practice with a variety of partners. Latin style dances include mambo, cha cha, rhumba, samba, salsa.

### Contemporary Dance

**PEDNC134**  
1 Credit/Unit  
22 hours of lab  
Fundamentals and techniques of modern dance and rhythmic self-expression. [PE, SE]

### Swing Dance-Beginning

**PEDNC135**  
1 Credit/Unit  
22 hours of lab  
Basic patterns and partnering skills for East Coast Swing (jive), West Coast Swing (hustle), and Lindy Hop. Course covers dance technique, partnering skills, patterns and music identification. [PE, SE]

### Modern Jazz

**PEDNC136**  
1 Credit/Unit  
22 hours of lab  
Beginning Modern Jazz technique. Students will study fundamental moves and learn a routine. [PE, SE]

### Hip-Hop Dance

**PEDNC137**  
1 Credit/Unit  
22 hours of lab  
Introduction to basic dance techniques, floor combinations, balance, and longer dance routines of hip hop dance. Develop confidence and skill through practice. [PE, SE]

### Zumba

**PEDNC140**  
1 Credit/Unit  
22 hours of lab  
A fusion of Latin and international music-dance themes, featuring aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

### Hula

**PEDNC141**  
1 Credit/Unit  
22 hours of lab  
Focus on Hawaiian traditional dance forms.

### African Dance

**PEDNC142**  
1 Credit/Unit  
22 hours of lab  
Introduction to African dance, which focuses on drumming, rhythm, and music predominantly of West Africa.

### Bollywood

**PEDNC143**  
1 Credit/Unit  
22 hours of lab  
Introduction to dances of India, sometimes referred to as Indian Fusion. Dance styles focus on semi-classical, regional, folk, bhangra, and everything in between–up to westernized contemporary bollywood dance.

### Irish Dance

**PEDNC144**  
1 Credit/Unit  
22 hours of lab  
Introduction to Irish dance, focusing on soft shoe and Ceili (group) dances. Dances include reel, jig, and hornpipe. [PE]

### Belly Dance

**PEDNC145**  
1 Credit/Unit  
22 hours of lab  
Gain knowledge of movement and dance steps, culture and history, various rhythms, country of origin and related movements. Egyptian music is the predominant focus. [PE, SE]

### Ballet-Intermediate

**PEDNC230**  
1 Credit/Unit  
22 hours of lab  
Prerequisite: PEDNC130. Stronger techniques with more advanced steps and combinations including toe. [PE, SE]

### Ballroom Dance-Intermediate: Mixed

**PEDNC231**  
3 Credits/Units  
66 hours of lab  
Prerequisite: PEDNC131. Fundamentals, forms and pattern of ballroom dance. Develop confidence through practice with a variety of partners in both smooth and latin style dances to include: waltz, tango, fox trot, quick step and Viennese waltz, mambo, cha cha, rhumba, samba, salsa.

### Ballroom Dance-Intermediate: Smooth

**PEDNC232**  
1 Credit/Unit  
22 hours of lab  
Prerequisite: PEDNC131 or PEDNC132. Fundamentals, forms and pattern of ballroom dance. Develop confidence through practice with a variety of partners. Smooth style dances include waltz, tango, fox trot, quick step and Viennese waltz. [PE, SE]

### Ballroom Dance-Intermediate: Latin

**PEDNC233**  
1 Credit/Unit  
22 hours of lab  
Prerequisite: PEDNC131 or PEDNC132. Fundamentals, forms and pattern of ballroom dance. Develop confidence through practice with a variety of partners. Latin dance sections will include: mambo, cha cha, rhumba, samba, and salsa. [PE, SE]
CONTEMPORARY
PEDNC234
22 hours of lab
Prerequisite: PEDNC 134.
Intermediate techniques with opportunities for individual and group composition.

SWING
PEDNC235
22 hours of lab
Prerequisite: PEDNC 135.
Includes partnering techniques such as leverage, posture, hovering, contrary body movement, rise and fall, and sway, and styling such as Cuban motion for Latin, spring action for East Coast Swing and heel leads for smooth. Introduction to opposite role as lead/follow.

MODERN
PEDNC236
22 hours of lab
Prerequisite: PEDNC 136.
Refinement of jazz technique and skill improvement.

HIP-HOP
PEDNC237
22 hours of lab
Prerequisite: PEDNC 137.
Intermediate study of dance techniques, floor combinations, balance, and longer dance routines of hip hop dance. Develop more confidence and skill through practice.

ZUMBA INTERMEDIATE
PEDNC240
3 Credits/Units
66 hours of lab
Prerequisite: PEDNC 140.
A fusion of Latin and International music-dance themes, featuring aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

HULA INTERMEDIATE
PEDNC241
1 Credit/Unit
22 hours of lab
Prerequisite: PEDNC 141.
Focus on Hawaiian traditional dance forms.

AFRICAN DANCE INTERMEDIATE
PEDNC242
1 Credit/Unit
22 hours of lab
Prerequisite: PEDNC 142.
Continuation of African dance, which focuses on drumming, rhythm, and music predominantly of West Africa.

BOLLYWOOD INTERMEDIATE
PEDNC243
1 Credit/Unit
22 hours of lab
Prerequisite: PEDNC 143.
Continuation of the dances of India, sometimes referred to as Indian Fusion. Dance styles focus on semi-classical, regional, folk, bhangra, and everything in between--up to westernized contemporary bollywood dance.

IRISH
PEDNC244
1 Credit/Unit
22 hours of lab
Prerequisite: PEDNC 144.
Intermediate Irish Dance course on more advanced soft shoe solo and Ceili (group) dances. Dances include the reel, jig, and hornpipe.

BELLY
PEDNC245
1 Credit/Unit
22 hours of lab
Prerequisite: PEDNC 145.
Continuation of the skills learned in PEDNC 145, plus new variations and intermediate study of Middle Eastern Dance techniques.