

Las Positas College  
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## Course Outline for KIN JDI

### JAZZ DANCE INTERMEDIATE

Effective: Fall 2017

#### I. CATALOG DESCRIPTION:

KIN JDI — JAZZ DANCE INTERMEDIATE — 0.50 - 2.00 units

Practice in intermediate jazz dance techniques and routines. This course builds on the content introduced in the Jazz Dance Beginning. Strongly recommended: PE JDB – Jazz Dance Beginning.

0.50 - 2.00 Units Lab

#### Grading Methods:

#### Discipline:

	<u>MIN</u>	<u>MAX</u>
<b>Lab Hours:</b>	27.00	108.00
<b>Total Hours:</b>	27.00	108.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

**Upon completion of this course, the student should be able to:**

- A. Demonstrate improved flexibility and strength;
- B. Demonstrate improved balance;
- C. Demonstrate relaxation techniques with confidence.

#### V. CONTENT:

- A. Historical development of jazz dance
  - 1. African, minstrel, and modern cultural influences
  - 2. Relationship of jazz dance to other forms of dance
- B. Posture, body alignment, and placement
  - 1. Alignment reference points
  - 2. Alignment exercises
- C. Foot positions
  - 1. In turn-out: 1st, 2nd, 3rd, 4th, 5th
  - 2. In parallel: 1st, 2nd, 4th, 5th
- D. Arm positions
  - 1. Ballet positions: 1st through 5th with arms slightly rounded and forward of the body
  - 2. Jazz positions: 1st through 5th with straight arms and fingers spread wide open
- E. Body positions
  - 1. Arch
  - 2. Contraction
  - 3. Flat back
  - 4. Diagonal flat back
  - 5. Hinge
  - 6. Lunge
  - 7. Jazz sit
  - 8. Jazz split
- F. Stretching technique
  - 1. Standing: torso, parallel forward with straight and bent knees, side, body wave, back, hand walk, runner's lunge
  - 2. Floor: "L" sit, "V" sit, pretzel, straddle, hamstring, cobra, chest lift, spinal twist
- G. Body isolations and combinations of isolations
  - 1. Head
  - 2. Shoulders
  - 3. Ribs
  - 4. Hips
- H. Locomotor movements – more complex combinations of locomotor movements
  - 1. Jazz walks
  - 2. Step touch
  - 3. Cross touch
  - 4. Jazz square
  - 5. Jazz slide
  - 6. Chasse

7. Kick-ball change
8. Pas de Bourree
9. Triplet
10. Kicks – grand battement
11. Fan kick
- I. Turns
  1. Pivot
  2. Paddle
  3. Chaîne – single- and double-time
  4. Soutenu – variety of arm placements
  5. Touch turn
  6. Pirouette – single, double, and multiple turns
  7. Pique – single, double, and multiple
  8. Barrel – on and off the floor
  9. Drag
  10. Pencil – single, double, and multiple
- J. Aerial movements
  1. Jumps: straight, tuck, pike, arch
  2. Hop
  3. Assemble
  4. Sissonne
  5. Cat leap
  6. Hitch kick
  7. Jete
  8. Tour en l'air
  9. Straddle toe touch
  10. Stag leap
- K. Floor work
  1. Cookie cutter
  2. Tuck roll
  3. Straddle roll
  4. Knee spin
- L. Falls
  1. Knee fall
  2. Jazz split
  3. Front fall
  4. Swedish fall
  5. Backward fall
  6. Sideward fall

#### VI. METHODS OF INSTRUCTION:

- A. Verbal explanation
- B. Student participation
- C. **Demonstration** -

#### VII. TYPICAL ASSIGNMENTS:

1. Follow Instructor through choreographed movement warm-ups and phrases
2. Demonstrate combinations choreographed by Instructor
3. Choreograph student combinations

#### VIII. EVALUATION:

- A. **Methods**
- B. **Frequency**

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#### IX. TYPICAL TEXTS:

#### X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Sticky mat and block required, strap optional.
- B. Comfortable loose fitting garments.