

Las Positas College
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Course Outline for KIN JD

JAZZ DANCE

Effective: Fall 2015

I. CATALOG DESCRIPTION:

KIN JD — JAZZ DANCE — 1.00 - 2.00 units

Practice in basic and intermediate jazz dance techniques and routines.

1.00 - 2.00 Units Lab

Grading Methods:

Discipline:

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	54.00	108.00
Total Hours:	54.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- A. Participate in the elements of a jazz dance lesson:
 - 1. Pre-warm-up
 - 2. Warm-up
 - 3. Isolation exercises
 - 4. Locomotor movements
 - 5. Dance combinations
 - 6. Cool-down
- B. Perform the principle elements of jazz dance
 - 1. Shifting weight
 - 2. Pointing and flexing the foot
 - 3. Jumping (take-off and landing in demi-plie)
 - 4. Turning and spotting
- C. Stretch effectively – standing, sitting, lying

V. CONTENT:

- A. Posture, body alignment, and placement
 - 1. Alignment reference points
 - 2. Alignment exercises
- B. Foot positions
 - 1. In turn-out: 1st, 2nd, 3rd, 4th, 5th
 - 2. n parallel: 1st, 2nd, 4th, 5th
- C. 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
- D. Basic body position
 - 1. Arch
 - 2. Contraction
 - 3. Flat back
 - 4. Diagonal flat back
 - 5. Hinge
 - 6. Lunge
 - 7. Jazz sit
 - 8. Jazz split
- E. 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
- F. Body isolations
 - 1. Head
 - 2. Shoulders
 - 3. Ribs
 - 4. Hips
- G. 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
- H. Turns
1. Pivot
 2. Paddle
 3. Chainé
 4. Soutenu
 5. Touch turn
 6. Pirouette
 7. pique
 8. Barrel
 9. Drag
 10. Pencil
- I. 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
- J. Floor work
1. Cookie cutter
 2. Tuck roll
 3. Straddle roll
 4. Knee spin
- K. Falls
1. Knee fall
 2. Jazz split
 3. Front fall
 4. Swedish fall
 5. Backward fall
 6. Sideward fall

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Demonstration** -
- C. Student participation in class
- D. Video-DVDs
- E. Hand-outs

VII. TYPICAL ASSIGNMENTS:

- A. Follow Instructor through choreographed movement warm-ups and phrases
 B. Demonstrate combinations choreographed by Instructor

VIII. EVALUATION:

A. **Methods**

1. Group Projects
2. Class Participation
3. Class Performance
4. Other:
 - a. Methods:
 1. Students perform practiced dance combinations for Instructor in small groups; points awarded for successful execution
 2. Individual feedback given to students to improve performance

B. **Frequency**

1. Frequency
 - a. Participation recorded daily
 - b. Individual performance of combinations danced in small groups for assessment occurs three times per semester

IX. TYPICAL TEXTS:

1. Written hand-outs will be provided

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students are to provide their own dance apparel and footwear.