

Las Positas College
 3000 Campus Hill Drive
 Livermore, CA 94551-7650
 (925) 424-1000
 (925) 443-0742 (Fax)

Course Outline for KIN JDB

JAZZ DANCE BEGINNING

Effective: Fall 2017

I. CATALOG DESCRIPTION:

KIN JDB — JAZZ DANCE BEGINNING — 0.50 - 2.00 units

Practice in basic jazz dance techniques and routines.

0.50 - 2.00 Units Lab

Grading Methods:

Discipline:

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	27.00	108.00
Total Hours:	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. Describe the origins and development of jazz dance
 - 1. African dance elements and slavery in America
 - 2. Minstrel shows in the late nineteenth and early twentieth centuries
 - 3. Cultural influences of each decade from the 1920's through the present day
- B. 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
- C. 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
- D. Stretch effectively – standing, sitting, lying

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. Basic body position
 - 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
 1. Head
 2. Shoulders
 3. Ribs
 4. Hips
- H. 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
 4. Touch turn
 5. Pirouette
- J. Aerial movements
 1. Jumps: straight, tuck, pike, arch
 2. Hop
 3. Jete
- K. Floor work
 1. Cookie cutter
 2. Straddle roll

VI. METHODS OF INSTRUCTION:

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

VII. TYPICAL ASSIGNMENTS:

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

VIII. EVALUATION:

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

-

IX. TYPICAL TEXTS:

X. OTHER MATERIALS REQUIRED OF STUDENTS:

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