Intro to Dance: Hip Hop/Jazz

Instructor: Vera Schwegler
Office: LeFevre 5
Office hours: by appt.
Contact: vas1@stmarys-ca.edu
Class hours: W 5:30-7:00pm

Course Description: Hip Hop and Jazz are upbeat, syncopated styles of dance. It is characterized by body part isolations, grounded, athletic movement, and are performed to a variety of popular music.

In this beginning level class we will focus on rhythm, kinesthetic memory, and individual expression. Each class will included a thorough warm-up, dance conditioning exercises, basic locomotor phrases, and a dance routine.

Grading:
Your grade is based on your attendance, participation and improvement.

You are expected to arrive promptly, dressed appropriately and give your best personal effort for each class.

Attendance:
You are allowed two absences per semester. After you have missed two classes, your grade will be negatively affected by each additional absence.

Coming in late or leaving early two times is counted as once absence.

Active Participation:
If you need to sit-out because of illness or injury you are required to watch class and take notes on your observations which will be handed in to the instructor at the end of the class.

Clothing:
You are required to wear comfortable clothing which allows you to move freely without restriction. This can include any type of work-out wear; sweats, shorts, tights, t-shirts, etc. No Jeans or street clothes allowed.
If you have long hair, please wear your hair back off of your face in a secure manner.
You may dance barefoot, wear dance shoes or sneakers in class.

No gum, food or drink allowed in the studio. Water is OK.