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DANC 108A.04: Dance Forms - Ballroom

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University of Montana - Missoula

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University of Montana
Theatre & Dance

Ballroom Class Syllabus
Instructor: Martha Jane

Martha Jane's Uptown Dance
1008 Burlington Ste. D
Missoula MT 59801
406 640 3262
marthajanedance@yahoo.com

Dance Forms: Ballroom - 72010 - DANC 108A - 04
Autumn 2022 Class 4:00 pm - 4:50 pm M

Classes meet once weekly from August 29, 2022 - Dec 9, 2022 with the following exceptions:

Monday, September 5	Labor Day - No Classes, Offices Closed
Tuesday, November 8	Election Day - No Classes, Offices Closed
Friday, November 11	Veterans Day - No Classes, Offices Closed
Wednesday, November 23	Non-instructional travel day for students
Thursday and Friday November 24-25	Thanksgiving Holiday (UM closed)

Location: Martha Jane's Uptown Dance (MJUP), 1008 Burlington Suite D, Missoula MT 59801
Instructor: Martha Jane (email: marthajanedance@yahoo.com) (406) 640-3262

Overview: An introduction to the basic forms of Ballroom dance. This includes include the three major Ballroom dances; Waltz, Foxtrot, and Tango. Students will be introduced to the basics of frame, lead and follow techniques, dance posture, floor craft and safety.

Objective: Learn the basics of Ballroom dancing and acquire the skills necessary to participate at a dance safely and courteously, as well as to become more in demand as a dance partner. The main objective is to be able to dance to at least 80% of any Ballroom music played at a partner dance musically, safely and courteously as well as learn about five connections in social dancing, the importance of musicality and how to play with it, dance vocabulary, technique and the function of technique, footwork, floor craft and expressiveness with the largest emphasis on respectful safe partnership and how to help you partner, and therefore yourself feel and become successful as partner dancers. Be able to demonstrate, at least, the first three basic steps of American Foxtrot and Waltz. Be able to explain three ways to become a more in demand dance partner and define what it means to "lead" in social dance.

Have fun and develop an increased appreciation for partner dancing.

Text and Materials:

Required: Suede soled shoes within three weeks of the first class. This can be any form of dance shoe with a suede sole be it suede sole ballet slippers, suede sole jazz shoes, suede sole dance sneakers, or suede sole ballroom/latin shoes. A VALVELESS N95 FACE MASK to be put on BEFORE ENTERING STUDIO. In social dance classes it is not possible to social distance therefore only an N95 mask is acceptable. At one point Niosh was testing kn95 masks when there was a shortage but they no longer are. There has been too many counterfeit masks for this risk now.

Notebook for weekly class notes

Requirements: NO STREET SHOES, FOOD OR DRINK, OR CELL PHONES ALLOWED IN THE DANCE STUDIO

-come to every class prepared to dance wearing **CLEAN** comfortable clothing and dancing in socks or in suede bottom shoes. Be prepared to dance with every student in class and do all you can to help them feel like dancers. Each student becomes a text for every other student. Exercise good hygiene as you will be dancing with everyone else in close proximity and the odors presented by unfriendly bacteria collecting to old sweat are most unappreciated by your dance partners and your instructor. Avoid all perfumes and

colognes. Many people are allergic. Do what you can to minimize your breath announcing what you've just eaten as well. Avoid all altering substances prior to class. Believe me, even if it makes you feel like you are dancing better, it will not make your dance partners feel that way and is most unfair to the others dancing with you. If anyone is interested in sources for shoes, contact the instructor.

Weekly class notes kept in notebook. (Not required but strongly recommended for extra credit.)

Students must attend all but two classes and participate in all but three. This translates into students being allowed two absences and one sit out. These absences are for school related things which require mandatory attendance of student, serious illness, break downs, family emergency etc. If student uses absences for other things they will still pass as long as they do not exceed the maximum absences for any reason.

A sit out is not a study hall. During a sit out student will focus on class and take notes that will be turned in at end of class.

Suede soled, soft heeled shoes are required by week 3. Each week without shoes after week three results in 1/3 grade loss.

First tardy of over five minutes late is a warning, second is an absence

Write one midterm of 150 words on what you most need to improve, what you can do to help that happen and what you think would help your dancing skills to have more of in the class, and email to instructor the week of midterm. The primary focus of this paper needs to be on what you can do to help yourself improve.

Street shoes must be removed inside door.

Attend one dance performances sponsored by the dance department and write a 250-300 word response (one page) to be emailed to instructor within 48 hours of performance

Recommendations: Wash your hands before and after class to avoid spreading/ contracting unfriendly germs and carry hand sanitizer.

Attendance/ Grading: Each student is allowed to not participate for 3 class hours. In these classes that means that you can totally miss 2 classes and have one sit out (sit and observe one class). Please save your absences for the end of the semester. Things, including injury, accidents, deaths in the family and other unforeseen things will come up. If you have chosen to use your absences for unnecessary things and something comes up that you can not attend the class you will fail so please save them for the end of the semester. It is also very unfair to all the other students to have to dance with someone who is sick because that person has used their non-participation hours. In the swing classes you are also allowed one make up. This means that if you have to not participate for more than three classes you may attend one of the classes held another night. THIS MAY ONLY HAPPEN ONCE! Again, please use it wisely. The make up has to happen within the week either prior or after the class missed. If you know ahead of time that you might miss your class you could do your one makeup either on one of the three other classes prior to the class you must miss or one of the three other classes after the class you miss. By your next class it is too late to make up the class you have missed. Classes will start on time. If you are even two minutes late the first time is a warning, the second time is an absence. If your car pool or whatever lets you down, you are still tardy so make very careful arrangements.

To receive an A:

*Practice at least two hours per week or more as needed outside of class to make sure you arrive in the next class able to execute everything taught in the previous class with good form, technique, musicality, footwork, expressiveness, partnership skills and floor craft.

*All written assignments must be on time, error free clean copy, thoughtful and carefully written as 'A' pieces. - The notebook may just be jotted notes for your memory.

It is more difficult to be quantitative with movement. but these are guidelines we look for:

*Signs of aptitude for dance technique and musicality

*A consistently alert, energetic, attentive attitude

*Significant progress over the semester

*Show extraordinary partner skills - including respect, positivity and encouragement

*Demonstrate swing dance skills at least among the top few of the class

*And, of course have fulfilled all the above requirements

Since this is not an expressive arts credit students are strongly encouraged to take it for c/nc as focusing on a grade can create anxiety that can in turn impede learning. I'd like to see you all relaxed and having fun while learning and good marks are very hard to get.

In addition the Dance department adds the following requirements to all Dance Technique classes:

To be Added

We've been getting some great questions. Keep asking questions! We're trying to give you the chance to learn as much as possible in one semester. We move pretty fast. If in the end you are only able to use or retain ½ of what we learn you will still be far better than the good majority on any swing floor. Still, if you feel lost or have questions – ASK, ASK, ASK! If you have missed, I can not spend the class catching you up at the expense of the students who have been attending. Find another student who will work with you too.

Just as in any other class, IF YOU MUST MISS A CLASS GET ANOTHER STUDENT TO SHOW YOU WHAT YOU MISSED so you feel more confident when you return and get more out of the next class. It is a rare opportunity to get to dance study dance with the same group for so many hours and enables all to learn at a more advanced rate. Take advantage of it and Have Fun Dancing!

Safety:

Let the instructor know if you have any preexisting injuries or if you are pregnant. Immediately report any in-class injuries to the instructor. Listen to your body and go at your own pace.

- **Academic Misconduct and the Student Conduct Code**

All students must practice academic honesty. Academic misconduct is subject to an academic penalty by the course instructor and/or disciplinary sanction by the University. All students need to be familiar with the Student Conduct Code. The Code is available for review online at www.umt.edu/student-affairs/community-standards/default.php.

- All Theatre & Dance students must have an in-depth knowledge of the practices and procedures outlined in the School of Theatre & Dance *Student Handbook*. The *Handbook* is available online at <http://www.umt.edu/umarts/theatredance/About/handbook.php>.

There is inherent risk involved in many Theatre & Dance classes as they are very physical in nature. Please proceed through class, shop time, or rehearsal with caution. Always be mindful of your personal safety and the safety of others. Students participating in class/shop/rehearsal/performance do so at their own risk.

Due to safety considerations, at **no** point during a student's time spent in class or serving on a production (in any capacity) should non-enrolled persons be guests of that student **without my consent**. Presence of such unauthorized persons in a class, shop, or any backstage/off-stage area will negatively affect a student's grade.

- **From UM President Seth Bodnar:**

The wide availability of safe, effective vaccines to combat COVID-19 means that we are able to return to full in-person learning this semester. The Office of the President urges every member of the UM Family to get vaccinated if you haven't done so already. Vaccination provides the best means of protecting yourself – and others in our UM Family – from the risk of COVID-19.

- **For classrooms and laboratory settings, UM requires the use of masks.**

All individuals on our campus – vaccinated or not – are asked to wear masks every time we are indoors. This includes public spaces in residence halls, Mansfield Library, computer labs, study lounges, University Center, Lommasson and the Food Zoo (when not eating or drinking). None of us are happy to see the resurgence of COVID-19, and we all long for a time when we can return to full normalcy on our campus with masks a distant memory. That time will come! But at this moment, we must come together as a UM Family, treating each other with compassion, kindness and respect. If we each take small steps to mitigate the spread of COVID-19, we will enable and protect the vibrant campus our students deserve and the experiences that are so vital to their development. As we've said from the start, we are in this together, and we will get through this together.

- **NO** street shoes are allowed in the dance studio at any time, even carried in-hand. Anyone entering the studio must remove their street shoes **BEFORE** entering and leave them outside the studio. The only shoes permitted in studios are those that have been purchased for the exclusive use of dance in dance studios (with the exclusion of tap shoes, hard-shoe clogs, and flamenco shoes. These should never be worn on fir floors).

- **From the EO/AA Office:**

Students with disabilities may request reasonable modifications by contacting me. The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and the Office for Disability Equality (ODE). "Reasonable" means the University permits no fundamental alterations of academic standards or retroactive modifications. For more information, please consult <https://www.umt.edu/disability/default.php>.

WELLNESS STATEMENT

Personal concerns such as stress, anxiety, relationship difficulties, depression, and cross-cultural challenges can interfere with a student's ability to succeed and thrive in the university setting. For helpful resources, please contact the Curry Health Center Counseling department at 406-243-4711 or schedule an online appointment through the CHC Health Portal: www.umt.edu/hportal. For a crisis or for after-hours care, you can contact the emergency rooms at St. Patrick Hospital or Community Medical Center; the National Suicide Lifeline: 1-800-273-8255; or the Crisis Text Line: text MT to 741-741.

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Semester Schedule:

Week 1-4

Orientation, explanation of various dance terms, lead and follow connection, and basic patterns as well as going over UM policies and rules of class. The basic Foxtrot first solo and then with partners, will be introduced as well.

Weeks 4-8:

Basic Waltz will be introduced, and more floor craft practice/ drills as well as more integration on how to apply Foxtrot moves to Waltz and Waltz to Foxtrot.

Weeks 9-11

By now students should be well on their way to feeling comfortable with the basic steps of Waltz and Foxtrot. More complicated combinations and will be added as well as introducing Tango.

Weeks 12-15:

At this point we start having minor contests concerning use of rhythm etc. Music will be played challenging you to determine which form of swing best fits the music and you will try to dance straight through for at least an hour not worrying about reviewing but treating it as though you were at a dance. We'll be doing review, clarification and beginning to create your own sequences. We will also learn a bit more in all three dances.

We've been getting some great questions. Keep asking questions! We're trying to give you the chance to learn as much as possible in one semester. We move pretty fast. If in the end you are only able to use or retain ½ of what we learn you will still be far better than the good majority on any swing floor. Still, if you feel lost or have questions – ASK, ASK, ASK! If you have missed, I can not spend the class catching you up at the expense of the students who have been attending. Find another student who will work with you too.

Just as in any other class, IF YOU MUST MISS A CLASS GET ANOTHER STUDENT TO SHOW YOU WHAT YOU MISSED so you feel more confident when you return and get more out of the next class. It is a rare opportunity to get to dance study dance with the same group for so many hours and enables all to learn at a more advanced rate. Take advantage of it and Have Fun Dancing!

DANCE TECHNIQUE CLASS REQUIREMENTS

Fall Semester 2022

Many Dance Technique courses satisfy the General Education Expressive Arts Credit. To receive an Expressive Arts Credit, the student must enroll in the course for a traditional grade and receive a C- or higher.

In dance, often our “texts” are the body itself, as opposed to books. Thus we will be attending dance events this semester to witness these “texts” in action.

ATTENDANCE IS REQUIRED AT THE FOLLOWING:

- A. **The Missoula Roadshow**, Bare Bait Dance
- Dates: September 9-11 at 6:30pm
 - Venues: 3 different venues - check online for details: <https://barebaitdance.org/>
 - Tickets/access: No ticket needed / Pass-the-hat donations collected at each show
- B. **Dance on Location**, UM School of Theatre & Dance
- Date: Saturday, October 8 at 2pm
 - Venue: UM Campus - meet at Mansfield Library entrance
 - Tickets: Free!
- C. **RED, Guest Performance Residency** - Bare Bait Dance
- Dates: October 28 @ 8pm, Oct 29 @ 2pm & 8pm, October 30 @ 6pm
 - Venue: Westside Theater
 - Tickets: \$22/Student Ticket; \$28/General Admission Ticket
 - tickets and info: <https://barebaitdance.org/red>
- D. **Hello Winter!**, Bare Bait Dance
- Live Performance Dates: November 26 - December 4
 - Live Venue: Westside Theater
 - Tickets: \$22/Student Ticket; \$28/General Admission Ticket
 - Virtual Venue: Vimeo On Demand streaming platform
 - Virtual Viewing: starting December 5
 - Virtual access: \$10/virtual streaming
 - Live tickets and streaming access: <https://barebaitdance.org/hello-winter>
- E. **Dance Underground**, UM School of Theatre & Dance
- Dates: December 2 @ 7:30pm, December 3 @ 2pm & 7:30pm
 - Venue: PARTV Open Space (005)
 - Tickets: \$5-10
 - Available at Griz Tix or at the PARTV Box Office

About the dance shows/films you are to attend/view:

Think of this like your books for the class and please budget accordingly!

Your instructor will require a written critique, quiz, or something else of their own choosing as an assignment after every performance. Assignments will be due the Monday after the close of the production.

*There is no make-up assignment for performances missed unless arrangements are made **prior to the production.**

ATTENDANCE AND GRADE POLICY–DANCE TECHNIQUE

Attendance is important in any field, but vital in the field of dance. Learning to dance requires that your body do it. You won't gain in flexibility, and strength, or in your ability to pick up movement or generate your own movement by hearing about what happened from a classmate, watching a film of the dance or reading about it in a book. In other words, there is no way to make up the material you miss.

The Dance Faculty EXPECTS STUDENTS TO BE IN EVERY CLASS. However, knowing that unpredictable circumstances can arise, students are permitted **1 week of absences**. Given the content of a dance class, no makeup work can be done when a student is absent.

For Jazz classes: 1 week of absences = 2 allowed absences

AFTER YOU HAVE USED YOUR PERMITTED ABSENCES, YOU WILL BE DOCKED ONE-THIRD OF A GRADE FOR EVERY ADDITIONAL ABSENCE.

Observations: Each observation will be counted as a 1/3 of an absence.

Students who arrive late, may be asked to observe the entire class time.

GRADING: Dance is different from many other fields in that a student's work is not as quantifiable as it is in some other subjects, such as history or math. For this reason, we do not have a point breakdown, but rather general guidelines.

To receive an “A” you must:

- show signs of aptitude for dance technique
- have an energetic, attentive attitude
- progress over the semester
- be at the top level of the class, and, of course,
- fulfill the attendance, critique, and exam requirements

*Please refer to the Dance Program Technique Criteria Guidelines.

You will receive an “F” if your absences and lack of critiques add up (or subtract) to an “F.” Your grade will be lowered by one-third of a point for each critique you do not hand in (e.g., if you start with a B, your grade will drop to a B-, then C+ and you will receive a “C+”). Students may receive an “incomplete” (I) only if there are exceptional circumstances, *that have been discussed at length with the instructor.*