

CEDAR CREST COLLEGE

Spring 2010

Intermediate JAZZ DANCE

PROFESSOR: MICHELLE MUNNO JACOBS

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OFFICE HOURS: By appointment

COURSE # DNC 218 002

CREDITS: 1.5

DRESS CODE: Students will be required to wear dance clothes of a bodysuit or tight fitting tank top and dance pants. No tee shirts, sweats or baggy clothing or shorts will be permitted. Students may wear a tight fitting long sleeve shirt for warm-up and must remove after warm-up. Hair should be tied back in a ponytail. Consider tight layers for warming the muscles. Please warm-up before class.

CLASS MEETING TIMES: TUESDAYS AND THURSDAYS 1:00-2:15

Description: A jazz technique class, which addresses the following fundamental concepts: technique, alignment, (anatomical and kinesthetic awareness) flexibility, endurance, expression and musicality. The student will be exposed to both traditional and contemporary styles of music and experience their effects on movement. These concepts will be addressed through warm-up, across the floor and center exercises as well as through various movement phrases and improvisation.

Objectives: The student will:

- Strengthen their flexibility, endurance and overall strength
- Increase their kinesthetic and anatomical awareness of their body and movement
- Broaden their exposure to music
- Strengthen their sense of musicality as a dancer
- Increase their skills of: retention of movement phrases, execution of different movement styles, reversing combinations and moving through space through a multitude of pathways
- Express their own movement preferences through improvisation
- Address personal areas of technique, expression and performance
- Increase their knowledge of current trends of jazz concert dance.
- Learn and perform exercises of Jazz forerunners
- Be able to perform a final movement phrase and improvisational exercises
- Participate in their own technique self-evaluation

Methodology: The classes will include:

- A set warm-up with variations and new exercises
- Strength building exercises (Callisthenic and abdominal exercises)
- Varied dance phrases and combinations set by the instructor to different styles of music.

Evaluation/Grading:

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| 1. Attendance and Participation (attendance required) | 65% |
| (Students must adhere to the dress code or else points will be deducted from their participation.) | |
| 2. Writing Assignments (see attached guidelines) | 20% |
| 3. Final | 15% |

Attendance and Lateness Policy: see departmental policy attached

Observing class: 1st time you will get full credit with a written class observation

2nd observation you will get ½ credit (unless medically excused) w/written observation

*****Please notify instructor of all injuries at the beginning of class/ A Doctor's note is required if more than 1 class observation is needed. (For medical reasons only)*****