

DNC 122 - HIP-HOP DANCE

Course Description

Learn dance combinations used in the Hip-Hop dance style. Develops the strength, flexibility, rhythm, balance, and safe body mechanics to dance confidently in a social atmosphere to popular Hip-Hop music. A great way to exercise and have fun at the same time. Wear clean, dry gym shoes.

Credit Hours

1

Contact Hours

2

Recitation Hours

2

Course Learning Outcomes

Knowledge:

- Identify Hip-Hop dance combinations.

Application:

- Practice Hip-Hop dance combinations.

Integration:

- Integrate Hip-Hop dance combinations.

Human Dimension:

- See themselves as HipHop dancers.
- Work cooperatively with others dancing in a defined space.

Caring - Civic Learning:

- Develop safe body mechanics.
- Appreciate dancing as a social form of art and exercise.

Learning How to Learn:

- Dance in real-life situations.