

## DANC 105/LFIT 105 BEGINNING BELLYDANCE

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<b>Office Hours</b>	By appointment	<b>Text(s):</b>	<a href="http://www.Kateri.name/hccbbsfall2011.html">www.Kateri.name/hccbbsfall2011.html</a>

### Course Description

This course will focus on training students to understand and perform belly dance. Movement includes basic isolation and moves with the head, shoulders, arms, hands, chest, belly, hips, and feet as well as techniques, which incorporate the entire body. Students will also learn about the different music, history, and culture of this dance style. Students will demonstrate mastery of belly dance through choreographed and non-choreographed class performances.

### Course Outcomes

1. Define basic belly dance terminology
2. Demonstrate at least two major styles of bellydance
3. Demonstrate ability to take direction and adjust accordingly
4. Understand physical presence and posture in performance
5. Demonstrate ability to work well within a group of dancers

### Major Topics

1. Technique: Basic posture, movement vocabulary, and isolation
2. Toning and flexibility: Challenging and stretching the body
3. Improvisation and musical connection

### Requirements

1. Active Participation in Individual/ and Group Activities
2. Practical Evaluations (Midterm, 2 Final Performances)
3. Online homework video viewings
4. Written Performance Critique

### Evaluation

1. Attendance and Participation 70%
2. Practical Evaluations 25%
3. Written assignment 5%

Students must arrive on time and ready to work. Students are expected to participate in all exercises with a good attitude and energy and complete all assignments on time. Students are expected to grow in their dance work and apply their new knowledge toward their performance studies.

### Course Policies

Students should wear clothes in which they are comfortable moving; pants are preferable. Wearing something around the hips (hip scarf, sweatshirt, etc.) is suggested, as is bringing something to class upon which students can kneel for a short period time (kneepads, yoga mat, sweatshirt, etc.). The student is responsible for observing proper studio etiquette while in class.

Students must attend required performances and exams. If there is a conflict, you must notify your instructor to ask about a make-up assignment/performance date. Since this class only meets once each week, attendance is crucial for artistic growth. Every student is allowed one absence. Students arriving 3-9 minutes late will be marked as tardy. If they arrive 10 minutes tardy or later, they must warm themselves up to the side of the classroom and sit out until the mid-class water break. Three tardies will equal an absence.



Teaching involves “hands on” corrections and guidance. This is a way of informing your body through tactile cues, and has been integral to dances classes throughout the ages. If you are not comfortable with this type of “hands-on” training, please speak with your teacher privately.

## Examinations and Important Dates

September 30<sup>th</sup> and October 7<sup>th</sup>: Visiting Tribal Instructor  
October 21<sup>st</sup>: Midterm Choreographed Group Performance  
November 18<sup>th</sup>: Final performance music (1 cabaret, 1 tribal selection) due  
December 2<sup>nd</sup>: Individual timeslots and critique is due  
December 9<sup>th</sup>: Final in-class performances

## Resources

Supplies for dance classes may be purchased for a discount (bring your syllabus) at Columbia Dance Fashions  
6935 Oakland Mills Road, Suite J  
Columbia, MD 21045  
410.381.0017  
A list of local suppliers and online retailers is posted on the bulletin board outside HVPA 110.

Any questions or concerns regarding the dance program at HCC, including transferability, dance major advising, and audition information for Arts Collective Dance Company (ACDC) should be directed to:

Renée Brozic Barger  
Assistant Professor, Dance | Director, Dance | Director, Arts Administration- Performing Arts Option  
Arts and Humanities Division, HVPA 210B  
443.518.4089  
[rbarger@howardcc.edu](mailto:rbarger@howardcc.edu)

Box Office for AC Productions: 443.518.1500  
-HCC AC Cabaret on October 7, 8 PM, Studio Theatre  
-HCC AC Production of Spring's Awakening Nov 10-20, Studio Theatre (pay what you can Nov 9 at 8PM)

## Additional Information

Bellydance occupies a unique position in the global dance community: It has an ancient and mysterious history due in part to a lack of documentation. It is practiced in hundreds of countries worldwide. The term encompasses an incredible variety of styles and applies to both communal and solo examples. The movement vocabulary remains largely the same across these boundaries, but is unique to the body of each person who dances it. Different bodies will learn the unfamiliar movement vocabulary at different rates; this is in part due to the Western student's unfamiliarity with the culture behind bellydance. Each student will, however, recognize at least one move as being connected to their own past dance experience—be it Salsa, Ballet, West African, or Indian. We will explore a spectrum of basic techniques and moves in our attempt to master both the physical movements as well as the cultural storytelling inherent in them.

## Other Course Information

This course serves as a Fine Arts and Humanities elective. Participation is required to master course objectives. This course is cross-listed as Fitness and does have fitness goals built into it; you are only expected to work to the best of your body's ability—do not feel that you have to overextend yourself.