

COURSE OUTLINE

DANC-105/LFIT-105

Belly Dancing

1 semester hour

HOWARD COMMUNITY COLLEGE

Instructor: Kateri Chambers

Office: HVPA 210

Office number: 410-772-4298

Office hours: By appointment

Class time: Thursday 3:30-5:15

Class location: HVPA 110

Email: kchambers@howardcc.edu

Description

This course will focus on training students to understand and perform bellydance through body awareness and cultural appreciation. Movement vocabulary will include basic isolations of head, shoulders, arms, hands, chest, belly, hips, and feet as well as techniques incorporating the entire body. Students will also learn about the different music, history, and culture of this dance style. Students will demonstrate their knowledge of belly dance through choreographed and non-choreographed class performances. (2 hours weekly)

Overall Course Objectives

Upon completion of this course, the student will be able to:

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

Major Topics

1. Technique: Basic posture, breath work, and isolation
2. Toning and flexibility: Challenging and stretching the body
3. Emotion and storytelling: Using the body as a tool, adapting to the music, and audience awareness and literacy
4. Bellydance in different cultures: Evolution and current stereotypes

Other Course Information

This course serves as a Fine Arts and Humanities elective. Participation is required to master course objectives.

Course Requirements

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. Most importantly, students are expected to grow in their dance work and apply their new knowledge toward their performance studies. Finally, students must bring a water bottle with them to class and label it with their names clearly. This will prevent students from accidentally drinking from each others' bottles.

Clothing Requirement

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.).

Awareness in Dance Class

Some of the work we do will involve human contact which may raise issues for some people. Students may be asked to make safe physical contact with each other during the semester. The teacher may use touch to help with spinal alignment and adjusting balance or arm positions. Please feel free to step out of any exercise that is significantly discomforting to you. If you have problems with touch or with individuals in class, please discuss this with me outside of class. You may also discuss such issues with Jenny Male, Coordinator of Musical Theatre.

Attendance

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 midclass water break. Three tardies will equal an absence.

Grading

45%	Class participation, in-class dance performances, suitable attire
20%	Attendance
	0, 1 = 100%
	2 = 90%
	3 = 80%
	4 = 65%
	5 = 50%
	6 = 25%
	7 = 0%
	8 = automatic failure
5%	Critique a bellydance performance (options will be accessible)
15%	Midterm performance
15%	Final performance
100%	

**The last day to withdraw from class is October 30. The final day of class is December 1/3.

Additional Regulations

- No eating, chewing gum, drinking (except water) or smoking in the studio.
- Pagers and cell phones must be turned off; any student who answers a call during class will be asked to leave and marked with an absence.
- If you have a learning disability which is documented to Student Support Services, it is your responsibility to bring it to my attention immediately. This will allow us the greatest possible opportunity to smooth out any potential conflicts.
- It is expected that students will be respectful of their peers and professors in regard to race, religion, ethnic origin, sexual orientation, learning styles, physical disabilities and personal values. Disrespectful students may be asked to leave class and charged with an absence.

Pandemic Awareness

Please be sure to wash your hands thoroughly to help prevent flu this semester. If you contract the flu, please stay home and contact me through email about your condition. The CDC has stated that it is safe for you to return to school twenty-four hours after your fever has broken. Again, please be sure to label your water bottles to prevent the spreading of germs.

A Further Note

Bellydance occupies a unique position in the global dance community: It has an ancient and mysterious history in part due 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.