

DN 105: Introduction to Dance Technique

Introduction to dance will cover basic ballet, modern and jazz technique. This course is recommended for the novice dancer, admirers of dance and athletes. It will focus on basic anatomy and alignment that is necessary for all three styles of dance while increasing students' balance, strength, coordination and flexibility. May be repeated for a maximum of 4 hours.

Hours: 3

Program: Dance

Semester Offered:

Fall,

Spring