

Dance (DNCE)

DNCE 108: Hatha Yoga: Beginning

Practice, theory, and history of the yoga tradition with the emphasis on the practice of hatha yoga postures. Sanskrit terminology is incorporated throughout the course. Students must supply their own exercise clothes. May be repeated once for additional credit.

Credits: 3

DNCE 131: Modern Dance I

An introduction to modern dance technical skills and creative processes for the beginner. No dance experience is necessary. Students learn body alignment, physical conditioning, dance actions, exercises, and combinations. A variety of music is used. Dance clothes are to be provided by the student. May be repeated once for additional credit.

Credits: 3

DNCE 132: Modern Dance II

Continuation of the study of Modern Dance I. Technical skills and processes, with an emphasis on developing personal responsibility and discipline. Students further develop body alignment, physical conditioning, dance steps, actions, exercises, and combinations. A variety of music is used. Dance clothes are to be provided by the student. May be repeated once for additional credit.

Credits: 3

Prerequisites: DNCE 131 with a grade of C or better or equivalent or the consent of instructor or prior dance training in any technical dance form.

DNCE 180: Dance Production

The creation of a dance, choreographed by faculty and rehearsed and performed by the students at the Leeward Dance Festival Concert on mainstage in the Leeward Theatre. This concert brings together dancers and choreographers from various Dance Programs in high schools, UH Mānoa and independent dance companies.

Credits: 3

Prerequisites: Consent of instructor.

Co-Requisites: Depending on the instructor's evaluation of the student's technical skills, the student may be required to concurrently enroll in DNCE 131.

Recommended Prep: Previous dance experience preferred.