

COCONINO COMMUNITY COLLEGE

COURSE OUTLINE

Prepared by: Alan Petersen, Marian Combs and Robert Corbin

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A. Identification:

1. Subject Area: Dance
2. Course Number: DAN 212
3. Course Title: BALLET III
4. Credit Hrs: 3
5. Catalog Description:
Advanced ballet technique. Prerequisite: DAN 211 or consent of instructor. Two lecture. Two lab.
May be taken for S/U credit.

B. Course Goals:

To provide students with an opportunity to develop advanced ballet technique and to prepare them for dancing en pointe.

C. Student Outcomes:

Students will:

1. Develop correct placement and body alignment techniques.
2. Execute ballet movements covered during the semester.
3. Develop further proficiency in use of French terminology as it applies to ballet vocabulary.
4. Increase physical flexibility and control and build strength and stamina.

D. Course Content:

Will include:

1. Increasing strength, conditioning and flexibility for ballet
2. Execution of the following ballet movements using French terminology
 - a. Sissone fermée
 - b. Gargouillade
 - c. Cabriole
 - d. Ballonne battu
 - e. Ballotte devant/derrière
 - f. Pas couru
 - g. Grand jeté
 - h. Royale
 - i. Grand sissone ouvert
 - j. Grand assemble en tournant
 - k. Emboîte devant/derrière
 - l. Brise dessus/dessous
 - m. Tour a la seconde
 - n. Tour en attitude croisée
 - o. 4th arabesque
 - p. Passe en tournant
 - q. Jeté entrelace
 - r. Double frappe
 - s. Pas ciseaux
 - t. Sissone ferme battu
 - u. Pas de basque en tournant
 - v. Grand pas de chat
3. Preparatory exercises for beginning pointe work