

UWM – DEPARTMENT OF DANCE

ARTS GER &  
CULTURAL  
DIVERSITY  
CLASSES




# SOMATIC EMPHASIS

**DANCE 103- Introduction to Iyengar Yoga – 3 cr.** Several Sessions - Iyengar Yoga method and philosophy presented in a format to enrich artistic appreciation of Yoga as a physical artform.

**DANCE 220 – Body Sense – 3 cr.** Several Sessions - This course intends to provide an environment for creative exploration of individual body awareness, integration of body-mind and experiencing the body in space.

**Dance 321 – Alexander Technique for the Performer (non-GER) – 3 cr.** Introduction to the principles of Alexander Technique as it applies to performing artists and new media collaborations.






# CONTINUE

**Dance 323 – Body Conditioning: Pilates Method (non-GER) – 3 cr.** Supervised exercises providing special training for strength, balance, and endurance as well as anatomical study.

**Dance 624 – Feldenkrais for the Performer (non-GER) – 3 cr.** How the teaching pedagogy and theories of The Feldenkrais Method® is applicable to any movement-focused situation, especially dance.






# PHYSICAL PRACTICES

**Dance 111 –Ballet I – 3 cr.** This beginning level class introduces ballet principles for those with little or no previous studio training. Alignment, verticality, and basic ballet movements are stressed.

**Dance 113 –Modern Dance Technique I – 3 cr.** Introduction to basic elements and principles of modern dance. Anatomically correct use of body, moving with awareness, and use of varied movement qualities are stressed.

**Dance 115 – Jazz Dance I 3 - cr.** Basics of percussive and lyrical jazz styles.

**Dance 117 – Tap I – 3 cr.** The basics of tap dancing designed to instill rhythm and a sense of style.



# GLOBAL PERSPECTIVES

**Dance 122 – African Dance & Diaspora Technique - 3 cr. (Arts/CD) –**  
Several Sessions - Philosophical and applied foundations of African-American dance. Aesthetics, style, musical accompaniment, the role of dance as expression of socio-cultural experience. Emphasis on movement.

**Dance 370 – World Movement Traditions - 3 cr.** Dance and movement traditions of world cultures; different cultures each semester.

- **Kathak and Bollywood Dance**
- **American Ballroom Dance**
- **Salsa/Merengue**
- **Hip-Hop**



# LECTURE BASED

**Dance 110 – Intro to the Art of Dance – 3 cr.** (offered every 2 years) - Basic technique, implementation, short compositions, lectures, films and discussions on dance history, philosophy, theory, and survey of current trends.

**Dance 315 – History of the American Musical Theatre – 3 cr.** (class offered every 3 years) - Introduction to the origins, development and evolution of the American musical theater.

