

EFA Dance I and II



If you take this class you will:

- **Learn the elements of dance technique** - Through the discipline of daily training you will explore Modern, Jazz and Ballet technique in addition to other cultural dance styles such as Hip-Hop and Middle Eastern Dance.
- **Improve your overall physical condition** - Dance training improves your muscular strength and flexibility, balance and postural alignment, cardio strength and stamina. You will get in shape and have fun doing it!
- **Choreograph and make your own dances!** Study of the process of choreography, exploring the elements of Body-Energy-Space-Time as they relate to making dances. Work with your classmates – experimenting, improvising and creating short movement studies and full length dances.
- **Perform in fully produced concerts each semester** - You will have to opportunity to perform the dances you've created in a fully produced concert at Shaw Theatre on the campus of Western Michigan University, complete with stage lighting, costuming and an audience of invited guests, family and friends.
- **Experience Guest Teachers** - Visiting guest instructors teach master classes, bringing different movement styles and points of view to your training to expand your background and ability to adapt to different ways of moving.
- **See live dance performance** – You must see one live dance performance and write a critique/review of the concert. Seeing live dance informs all of the work we do in class and provides a springboard for your own ideas and observations about the process of dancing and dance making. Several opportunities are provided.
- **Fulfill graduation requirements for Fine Arts credit / in some schools PE credit**