

Summer 2021 Courses

These courses can be applied to Dance Minor, Movement Studies Minor, Dance Major, or a cluster. Visit sas.rochester.edu/dan for more information.

DANC 181: West African Dance Forms



MTWF 3:00PM-4:30PM

2.0 Credits

Instructor: Kerfala Bangoura

5/24/2021-6/18/2021

Dynamic dance traditions of Guinea, West Africa. Accompanied by live music, students learn footwork and movements for several rhythms and acquire familiarity with the physical stance common to many styles of West African dance. Learn to execute movements together with the rhythmic foundation provided by our drummers and become familiar with the origins and cultural significance of each dance, and the songs that accompany them.

DANC 114: Intro to Yoga

MWF 9:00 AM-11:05 AM

2.0 Credits

Instructor: Rose Beauchamp

5/24/2021-6/18/2021

Yoga is defined as union, the uniting together of ourselves in all aspects- body, mind, heart, spirit. This class introduces the student to a hatha yoga method which integrates a dynamic and engaging approach to living through practicing on and off the mat. The goal of this class is to learn how to create a deeper, more enlivened relationship to ones self through honoring ones abilities and limitations, while growing ones skills and sensitivity in the supportive environment of the class community. reflection, journaling and discussion. Through this ongoing process, students of yoga are encouraged to cultivate a more expansive and clear perception of self and others. (Online course)

DANC 250: Contemporary Dance: Practice and Context

MTWF 11:30 AM-1:35 PM

4.0 Credits

Instructor: Missy Pfohl Smith

5/24/2021-7/2/2021

Through a contemporary dance practice, examine concepts influenced by Laban/Bartenieff theories, exploring patterns of total body connectivity, efficiency of movement, grounding, and dynamic efforts. Heighten self-awareness and technical skills while addressing artistry and expression, while also engaging in discussion about the history and influence of contemporary dance artists in the 20th and 21st centuries. No experience necessary - levels will be geared toward individual student's needs. (Core course for Minors, Clusters)
(in-person with remote or hybrid options)

