



ADVANCED

WESTERN DANCE 3RD YEAR

COURSE OUTLINE

INTRODUCTION

Dancing is a beautiful form of expression and a universal language that brings people together! It's a way to communicate emotions, tell stories, and connect with others. From ballet to hip-hop, salsa to ballroom, dance comes in many styles and forms. It's a way to get exercise, boost mood, and build confidence

OVERALL OBJECTIVES

1. Enjoyment and Engagement: Foster a love for dance and an appreciation for
2. Basic Techniques: Teach fundamental dance techniques and movements common in
3. Physical Development: Enhance physical fitness, coordination, balance, and flexibility.
4. Creativity and Expression: Encourage creativity and self-expression through dance.
5. Teamwork and Social Skills: Develop social skills, cooperation, and teamwork through
6. To boost confidence, self-esteem, and resilience, encourages self-discipline, perseverance.
7. To build artistic expression, creativity and stage presence.
8. Choreography: Introduce basic principles of choreography and allow students to create
9. Cultural Understanding : History and Context: Provide a basic understanding of the
10. Appreciation: Encourage appreciation and respect for the diversity and evolution of

Method of Assessment			
SL No	Task	Month of Assessment	Marks
1	Practical Assessment 1 (Group of 20 Students)	September/October/ <u>November</u>	10
2	Practical Assessment 2 (Group of 20 Students)	December/January/ <u>February</u>	10
3	Practical Assessment (Group of 20 Students)	March/April/ <u>May</u>	30
		Total	50

Note: Performance may be in group but marks will be allotted individually.

Schedule of Teaching

Periods	Topic	Subtopic	Class activity
1	Introduction to dance	Benefits & Learning Method of Music, Basics	Explanation & Dance Practice
	Fundamental steps	Advanced Footwork and rhythm exercises	
2	Fundamental steps	Revision	
		Advanced Foot work- Step 2	
3	Fundamental steps	Revision	
		Advanced Foot work- Step 3	
4	Fundamental steps	Revision	
		Isolation upper body -step 1	
5	Fundamental steps	Revision	
		upper body -step 2	
6	Fundamental steps	Revision	
		upper body -step 3	
7	Fundamental steps	Revision	
		Complex coordination body work step 1	
8	Fundamental steps	Revision	
		Complex coordination lower body work step 2	
9	Fundamental steps	Revision	
		Complex coordination lower body work step 3	
10	Fundamental steps	Revision	
		Partnering work step 1	
11	Fundamental steps	Revision	
		Partnering work step 2	
12	Fundamental steps	Revision	
		Partnering work step 3	
13	Fundamental steps	Revision	
		Lifting work step 1	
14	Fundamental steps	Revision	
		Lifting work step 2	
15	Fundamental steps	Revision	
		Lifting work step 3	
16	Fundamental steps	Revision	
		Intricate floorworkwork step 1	
17	Fundamental steps	Revision	
		Intricate floorworkwork step 2	
18	Fundamental steps	Revision	
		Intricate floorworkwork step 3	

19	Fundamental steps	Revision	Explanation & Dance Practice
		Tumbling work step 1	
20	Fundamental steps	Revision	
		Tumbling work step 2	
21	Fundamental steps	Revision	
		Tumbling work step 3	
22	Exploration different music genres	Revision	Explanation & Dance Practice
		Ex:- free style dance ,western dance,b-boying hip hop etc	
23 to 32	Dance Advanced simple choreography for song	Revision	
		practice	
33	Building on Advanced techniques	Revision	
		Advanced Arm work step 1	
34	Fundamental steps	Revision	Explanation & Dance Practice
		Arm work step 2	
35	Fundamental steps	Revision	
		Arm work step 3	
36	Fundamental steps	Revision	
		Advanced Hand work step 1	
37	Fundamental steps	Revision	
		Hand work step 2	
38	Fundamental steps	Revision	
		Hand work step 3	
39	Fundamental steps	Revision	
		Advanced Footwork patterns work step 1	
40	Fundamental steps	Revision	Explanation & Dance Practice
		Footwork patterns work step 2	
41	Fundamental steps	Revision	
		Footwork patterns work step 3	
42	Fundamental steps	Revision	
		Advanced Partnering work step 1	
43	Fundamental steps	Revision	
		Partnering work step 2	
44	Fundamental steps	Revision	
		Partnering work step 3	
45	Fundamental steps	Revision	
		Different dance form work step 1	
46	Fundamental steps	Revision	
		Different dance form work step 2	
47	Fundamental steps	Revision	
		Different dance form work step 3	
48	Fundamental steps	Revision	Explanation & Dance Practice
		Double hand Cartwheel work step 1	

49	Fundamental steps	Revision
		Single hand Cartwheel work step 2
50	Fundamental steps	Revision
		With out hand Cartwheel work step 3
51	Fundamental steps	Revision
		Back flip work step 1
52	Fundamental steps	Revision
		Back flip work step 2
53	Fundamental steps	Revision
		Back flip work step 3
54 to 62	Choreography and more dynamic songs	Exploration of music
		Interpretation and expression
63	Developing :advanced techniques	Revision
		More complex Turns work step1
64	Fundamental steps	Revision
		Turns work step 2
65	Fundamental steps	Revision
		Turns work step 3
66	Fundamental steps	Revision
		Spins work step 1
67	Fundamental steps	Revision
		Spins work step 2
68	Fundamental steps	Revision
		Spins work step 3
69	Fundamental steps	Revision
		Advanced Tumbling work step 1
70	Fundamental steps	Revision
		Tumbling work step 2
71	Fundamental steps	Revision
		Tumbling step 3
72	Fundamental steps	Revision
		Advanced Acrobatics work step 1
73	Fundamental steps	Revision
		Acrobatics work step 2
74	Fundamental steps	Revision
		Acrobatics work step 3
75	Fundamental steps	Revision
		Expression step 1
76	Fundamental steps	Revision
		Expression work step 2

Explanation & Dance Practice

77	Fundamental steps	Revision	Explanation & Dance Practice
		Expression work step 3 Practice :-full songs lip movements front of mirror	
78	INTRODUCTION TO IMPROVISATION	Revision	
		Types of Improvisation:- 1.Groove-based: Focusing on rhythmic patterns and textures 2. Emotional Expression: Conveying emotions through movement 3. Storytelling: Creating narratives through dance	
79 to 100	Choreography to challenging songs	Revision	
		Practice	
101	Refining techniques	Revision	
		1. Performance quality: Focus on refining the quality of your performances, including energy, enthusiasm, and engagement	
102	Performing skills	Revision	
		1. Stage Presence: Developing a strong, confident presence on stage. 2. 4. Musicality and Timing: Executing movements in sync with the music and rhythm. work step	
103	Learning longer routines	Revision	
		1. Sectionalization: Breaking down the routine into smaller sections to master one section at a time.	
104	Dances	Revision	Explanation & Dance Practice
		Explanation about next level	
105	INTRODUCTION TO:- STAGE PRESENCE AUDIENCE INTERACTION	Revision	Explanation & Dance Practice
		1. Stage presence: Develop a strong presence on stage, including confidence, awareness, and connection with the audience.	
106	ADVANCED DANCE COMPOSITION	Revision	
		1. Theme or Concept: Define the idea or message behind the dance. 2. Music: Select music that complements the theme and mood.	

107 to 120	Final Dance choreography	Revision	
	and Practice	Practice	
121	AGE – APPROPRIATE GOALS AND OUTCOMES:-	Revision	
		1- DEVELOP ADVANCED TO NEXT LEVEL FREE STYLE DANCE TECHNIQUES 2- IMPROVE FLEXIBILITY,STRENGTH,AND COORDINATION. 3- ENHANCE CREATIVITY,SELF- EXPRESSION,AND CONFIDENT 4- DEVELOP TEAM WORK AND COLLABORATION SKILLS..... 5- APPRECIATE DIFFERENT MUSIC GENRES AND STYLES	