

## Dance 1, REKB13-168, tárgyfelelős neve: Dr. Borkovits Margit

### Oktatás célja

#### Aim of the subject

Main goal of this subject is to get not only theoretical, but also practical knowledge of the international ballroom dance styles (Standard and Latin-American dances), defined by the WDSF (World DanceSport Federation). Beside the basic steps the students will know the story and characteristics of the given dances. General aim of this subject is to develop their movement culture, rhythm and dance skills, and also to find the opportunities of taking these partner dances into the recreational – leisure time activities.

#### Acquired competencies

##### Knowledge

- He/She knows the function of the ballroom dances and the characteristics of competitions.
- He/She knows the short development history of the 5 Latin-American and Standard dances and their musical characteristics (beat, rhythm and tempo).
- He/She knows the basic steps of the selected dances, and their simple choreography.

##### Attitude

- He/She is open-minded in the area of representation of the partner dances' culture in the recreational activities.
- He/She considers important the thorough preparation, planning and flexible realization / leading of dance programs.
- He/She maintains high professional standards for improvement in the quality of body culture, recreational and health culture through the organization of dance programs.
- He/She is open-minded to deliver genuinely his/her breadth of view in recreation and practical operation in the area of dance culture.

##### Abilities

- He/She can present and teach the basics of ballroom dances in pursuance of planning and organizing health promotion and life style programs.
- He/She can organize dance course activities, and participate in the evening entertainment shows in the frameworks of sport-, social-cultural, touristic and children animation.

### Tantárgy tartalma

#### Major topics

- Dance categories of WDSF.
- History of the Latin-American and Standard dances, characteristics of their steps.
- Practice of the Latin-American dances Nr. 1: Samba
  - Samba Walks,
  - Whisks to R and L,
  - Stationary Samba Walks,
  - Botafogo
- Practice of the Latin-American dances Nr. 2: Cha-Cha-Cha

- Basic Movement,
- New York / Check from OCPP & Check from OPP,
- (Solo) Spot Turn to R and L
- Practice of the Standard dances Nr. 1: Slow Waltz
  - Box Step (Leader Right Foot Forward),
  - ¼ Natural Turn,
  - Closed Change,
  - Reverse Turn,
  - Whisk and Chassé
- Practice of the Standard dances Nr. 2: Tango
  - Walks (slow, slow),
  - Progressive link (quick, quick),
  - Closed promenade moving to center (slow, quick, quick, slow),
  - Open Reverse Turn Lady Outside (quick, quick, slow, quick, quick, slow),
  - Rock turn (quick, quick, slow, quick, quick, slow).

### **Planned teaching methods**

Instructor's notes, demonstrating good performance. Students copy the instructor's motion. Presenting the characteristics of WDSF-dances by videos.

### **Számonkérési és értékelési rendszer**

#### **Requirements and evaluation**

- Visiting classes is obligatory, a maximum of 3 missing is allowed.
- Active participation in the classes is expected.
- Written report about the studied dances.
- written examination

*Method of evaluation:* term mark

### **Irodalom**

#### **Compulsory literature**

- Magyar, M. (2016) Alapvető társastánc ismeretek rekreáció szakos hallgatók számára. (elearning material) Budapest: ELTE PPK ESI
- Fritz, P. (2011) A tánc típusai. In: Fritz, P. (szerk.) *Mozgásos rekreáció. Rekreáció mindenkinek I.* Szeged: Bába Kiadó, 440-455.