



Berkeley
UNIVERSITY OF CALIFORNIA

PHYS ED 1 Beginning Swing Dance (0.5 units)

Instructor: Kyungmi 'Lucy' Yoo

Lucydance.com (website)

Contact: Email: lucyyoo@berkeley.edu

Google Page : Lucy Dance

Office: Room 200 at Hearst Memorial Gymnasium

Office Hours: Tuesday 2pm – 3pm by appointment

Required Text: http://lucydance.com/LucyYoo_thesis.pdf (Links to an external site.)

1. **Course Description:** This class will introduce students to East Coast Swing dance as well as some Charleston dance steps. Student will learn appropriate partner dance etiquette in a social dance environment.
1. **Statement of Course Goal and Learning Objectives:** The goal of this course is to introduce Club Swing dance.

Objectives: At the conclusion of the course, students shall be able to:

1. Demonstrate the basic steps and several variations of the beginning Swing steps learned in class.
2. Identify the basic rhythm unit structures of Swing dance.

3. Demonstrate leading and following techniques, notably the concepts of frame and connection.
4. Summarize the historical difference between early Swing dance forms.

III. Method of Assessment and Evaluation:

I strongly suggest that you take my course P/NP. Please make your decision based on the guidelines below.

Grading is broken down into three areas:

Attendance - 50%, Technique - 35%, Visible Improvement over the course - 15%.

Attendance (50%):

0 absences for an A grade

1 absence for a B grade

2 absences for a C grade

3+ absences will result in a No Pass or F grade.

All attempts will be made to accommodate students who have serious personal/physical issues during the semester which prevent their attendance and/or full participation in a class. Please make me aware of these things as soon as possible so that we can plan for the accommodation and success in passing the course.

Accommodations can be made for religious holidays, DSP students, and certain academically related absences as well. Please speak with me about any potential accommodations.

The best results occur when the student makes a point of speaking with me directly on a regular basis. In general, I suggest that any student taking my course for a letter grade consult with me briefly (5 mins) every 2-3 weeks in order to stay on track toward whatever their goal may be.

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Technique (35%):

This simply equates to how well you perform the movements asked of you in the manner prescribed.

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Visible Improvement (15%):

I need to be able to see your technique change for the better as we move through the semester. Changes should be obvious to both parties. This is usually accomplished with regular attendance and diligent practice and rigor.

1. Course Requirements

Dress Code: Students are expected to wear street clothes that allow movement. Wear comfortable shoes with a leather or suede sole. Reserve these shoes for dancing only. Sneakers or tennis shoes are not recommended for dancing unless the soles have been altered. Dance shoes are recommended.

Be on Time:

Classes will start on time and dance steps will be taught at the beginning of class. Since ballroom dance involves dancing with a partner, students are depending on each other to show up on time. If a student arrives late they will affect their partner's ability to perform the dance steps.

Excused Absences:

Include religious observances, job interviews and medical reasons with a doctor's letter.

Guideline for Dance Class Make Ups:

If you have exceeded or are about to exceed the number of absences allowed for a Passing grade (Pass/letter grade of C), or you are trying to attain an "A" letter grade which requires perfect attendance (50% of your overall grade) please follow these guidelines:

All participation make ups must be completed and submitted to me by the Last Day of Official Classes at 4pm, before RRR week. Written make-up work may be turned in to me by 4pm Wednesday of RRR week. Note that class meetings and dancing during RRR week can not be used for makeups.

Make up for missed classes are listed in preferred order. Do what makes best sense for you and your schedule:

- take another dance class from me in the same style and level.
- take another class from me in a *different* style or level.
- see a dance performance and write a one page “review” of the show and give a copy of the program and/or ticket stub with the date for verification.
- observe *any dance class* (preferably same style at a different level), and write a one page “observation” paper about anything interesting you saw or can relate back to your own class.
- go to the first floor Moffit Media Resource Center and watch any dance dvd and write a one page review.

**For all written work, please make sure it has a point of view, an opinion—backed up with details, and a proper thesis, body, and final paragraph. Description alone is not enough-- although it is a starting point. Successfully done, it should be both interesting for me to read and for you to write.

“As a member of the UC Berkeley community, I act with honesty, integrity, and respect for others.”

Violation of the Honor Code shall result in a grade of an “F” for the course.

1. This is a university course; “extra credit” is not available. Just complete everything properly initially.
2. The use of laptops and other electronic equipment is encouraged during class; however, all tasks being conducted or viewed should be related to the course and not distracting to others.
3. Attendance is expected, but is not graded in a lecture-based course; students are graded on their individual performances on the examinations and the written assignments.
4. Students should be prepared for each lecture by having read the appropriate materials and viewed the corresponding presentations and/or videos in accordance with the course schedule. Students not prepared for class may be dismissed.

5. Enjoy the course. You are here at UC Berkeley - the top public institution of higher education in the world - because you are one of the best and the brightest. Do your best; always act with honor. *Fiat Lux*.

1. Official Policies of the University of California at Berkeley

All students must abide by the *Berkeley Campus Code of Student Conduct* <https://sa.berkeley.edu/code-of-conduct>.

Statement of Accommodation. The University of California at Berkeley provides reasonable accommodations to students with disabilities through the Disabled Students' Program (<https://dsp.berkeley.edu>). For more information regarding these services, please contact the staff in the Disabled Students' Program via telephone at 510.642.0518, visit in person at 260 Cesar Chavez Student Center, or email at dsp@berkeley.edu.

Accommodation of Religious Creed. The University of California at Berkeley is compliant with Education code, Section 92640(a) and permits any student to undergo a test or examination, without penalty, at a time when that activity would not violate the student's religious creed, unless administering the examination at an alternative time would impose an undue hardship which could not reasonably have been avoided (see <https://sa.berkeley.edu/uga/religion> for detailed information).

Academic Integrity. "You are a member of an academic community at one of the world's leading research universities. Universities like Berkeley create knowledge that has a lasting impact in the world of ideas and on the lives of others; such knowledge can come from an undergraduate paper as well as the lab of an internationally known professor. One of the most important values of an academic community is the balance between the free flow of ideas and the respect for the intellectual property of others. Researchers don't use one another's research without permission; scholars and students always use proper citations in papers; professors may not circulate or publish student papers without the writer's permission; and students may not circulate or post materials (handouts, exams, syllabi--any class materials) from their classes without the written permission of the instructor.

Scheduling Conflicts. Please notify the instructor in writing by the second week of the term about any known or potential extracurricular conflicts (such as religious observances, graduate or medical school interviews, or team activities). The instructor

shall try his or her best to help you with making accommodations, but cannot promise them in all cases. In the event there is no mutually workable solution, you may be dropped from the course. (For more information, see the *Guidelines Concerning Scheduling Conflicts with Academic Requirements* <https://academic-senate.berkeley.edu/sites/default/files/guide-acad-sched-conflicts-final-2014.pdf>).

1. **Safety and Emergency Preparedness.** The University of California at Berkeley has numerous contacts for emergency situations. In the event of an emergency, the following information may be helpful
(See <http://emergency.berkeley.edu/contacts.shtml>).
- Emergency Contacts <http://emergency.berkeley.edu/contacts.shtml>
 - WarnMe/Nixie emergency alerts <https://warnme.berkeley.edu>
 - Campus Emergency Management Areas <http://emergency.berkeley.edu/emerg-mgmt-areas.shtml>
 - Campus Map <http://emergency.berkeley.edu/lib/img/campusmap.pdf>
 - Safe and Well by the American Red Cross <https://safeandwell.communityos.org/cms/> (Links to an external site.)

Tentative Course Schedule

This schedule may vary depending on class progression.

UC Berkeley Fall 2019 Beg. Swing Dance Step List Instructor: Kyungmi 'Lucy' Yoo

Jitterbug

Week 1

Basic 6 count step Open and close
Arch (outside) turn
Loop (inside) turn

Week 2

Two Handed turn (variation free spin)

Week 3

Leader turns (3 variations)

Week 4

Sweetheart (variation- switch sides)

Week 5

Hammerlock (variation-walk forward)

Start triple step

Week 6

Charleston

East Coast Swing

Week 7

Stop and Go (8 Count)

Week 8

Circle

Week 9

Skip up or jive walks

West Coast Swing

Week 10

Sugar Push

Week 11

Left Side Pass

Right Side Pass

Week 12

R to R Sugar Tuck

Hairbrush

Week 13

Review of all the steps

Week 14

Review of all the steps