

GRANDE PRAIRIE REGIONAL COLLEGE

ADULT DEVELOPMENT DEPARTMENT

COURSE OUTLINE

Course Name: Western Dance (AD056)  
Instructor: La Vern Stangeland Office # - A107  
Date: March - April 90  
Time: 3:45 - 5:45 p.m. Thursday  
Room: A 105

1989-90

Course Objectives:

- to introduce students to the basic steps of the Waltz and Polka.
- to provide students with an opportunity to practice the Waltz and Polka in controlled situations.

Course Content: Students will be introduced to the following:

**WALTZ**

1. dance position
2. basic step and rhythm
3. turning box
4. travelling step
5. forward and back turns
6. ladies underarm turn

**POLKA (Texas style)**

1. dance position
2. basic step and rhythm
3. forward and back turn
4. ladies underarm turn - left and right
5. the conversation
6. continuous turns

Evaluation: Breakdown of marks for entire course

6 classes ( 5 x 6).....	30 %
5 % per class for punctuality	
3 % per class if a student is late	
0 % if a student is absent	
20 % for participation.....	20 %
1 final practical exam (Apr. 19).....	50 %
Total possible marks for this course.....	100 %