

GRANDE PRAIRIE REGIONAL COLLEGE

ADULT DEVELOPMENT DEPARTMENT

COURSE OUTLINE

Course Name: Western Dance (AD056)  
Instructor: La Vern Stangeland Office # - A107  
Date: March - April 91  
Time: 1:30 - 3:30 p.m. Thursday  
Room: A 105

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 and Line dancing in controlled situations.

Course Content: Students will be introduced to the following:

**WALTZ**

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

**POLKA (Texas style)**

1. dance position
2. basic step and rhythm
3. ladies underarm turn into the schottische position
4. 14 step - partner dance
5. 12 step - Canadian - partner dance
6. Texas shuffle or 10 step - partner dance

**LINE DANCE**

Continental and Lone Star

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. 11).....	50 %
Total possible marks for this course.....	100 %