COURSE OBJECTIVES
Dance and music is the root of African life. They are integral in ceremonies and rituals that relate to birth, wedding, healing, death, planting, harvesting, etc. They teach morals, tell stories, preserve history and are fundamental in social circumstances.

This class will introduce you to dances and rhythms from West Africa (Mali, Guinea, Burkina Faso, Senegal, Ivory Coast etc.). We will begin with fundamental movements and rhythms, to build technique, strength and flexibility. You will learn how to develop your individual strengths and how to work with and overcome your weaknesses. During this class you will understand the basis of African movement, by learning five specific dances and five songs from West Africa.

COURSE CONTENT AND METHODS
Classes will consist of a warm up phase, and then introduction to the dance rhythm. At the end of class you will be asked to perform a free style in the ‘circle’ and closing of the class will be by singing one of the song.

ASSIGNMENTS:
• Consistent attendance. This includes promptness and completion of each class.
• Open attitude to learning and trying new ideas and forms.
• Take 2 African drum classes and one different style of dance class (preferable African, Brazilian, Haitian) in the area or your home community.
• See assigned dance videos and write about them (at least two pages). Written assignments must be typewritten and handed in on time. (No later than ONE WEEK before last day of instruction - otherwise IT WILL NOT be accepted!)

ATTENDANCE:
You are expected to have good attendance, open attitude, engaged in discussions, be open, and the ability to work respectfully with others. Please speak to me sooner than later if there are problems! Your grade will be affected by your absences, late arrivals, or early exits. If you arrive immediately after roll has been taken and do not speak to me at the end of class, I cannot be responsible for correcting the roll. You may sit out and watch class once if you are only mildly ill or injured. For the class to count as credit, you need to write your observations of class and hand in at the end of the class. Your assignments must be presented on time.

GRADING:
An A means: excellent and even outstanding. If you attend all the classes you will learn what you need to know and earn a good grade.
Note: You can miss up to two classes after that your grade will start going down (Keep in mind that your assignments are minimal). I like you not to miss more than two classes and return the assignment on time.

CLASS ETIQUETTE:
Wear clothes you can move in (sweat pants are ok) and be barefoot. Long hair should be tied back. No gum in class. Bring a water bottle.