

## DAN 144: FOUNDS TECHN I: BALLET & MDRN (P2)

Introduction to basic dance techniques common to ballet and modern dance styles. Students will develop a beginning level understand of ballet and be introduced to an overview of basic concepts in modern dance as conceived by modern dance pioneers such as Martha Graham, Lester Horton, Katherine Dunham and Alvin Ailey. Ballet shoes are welcome but not required. Close fitting leggings and tops, or leotard and tights are all accepted attire. Ideal for those looking to enhance their dance skills in preparation for Praise Dance, Step Team, and 200-level dance courses.

**Credits:** 0.5

**Department:** [Dance](#)