DANCE

Dance

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The Department of Dance is committed to engaging students in the study of dance as a vital form of human expression, understanding, communication, and interaction, as it prepares dance majors for a wide range of career and vocational options.

St. Olaf is a charter member and an accredited institutional member of the National Association of Schools of Dance.

Overview of the Major

Movement-intensive and language-intensive classes present dance as a vital form of embodied awareness, personal expression, and physical communication. The St. Olaf College B.A. in dance guides students toward lives and careers with strong physical, creative, and analytical skills at their foundation. As a result, dance majors come away from St. Olaf College with the ability to perform with professional companies or as free-lance artists; to pursue graduate study in choreography, performance, teaching; or move into areas such as dance therapy, the healing arts, and somatic studies. They enter related fields such as arts management, psychology, environmental studies, media, and more.

Intended Learning Outcomes for the Major

Students will demonstrate:

- a physical understanding of whole body connectivity, dynamic range, and spatial clarity while dancing and creating intentional relationships with others.
- an understanding of the multiple languages of dance and will demonstrate an ability to apply these languages to clearly communicate about dance and their experience of it.
- an ability to create dance artifacts (a dance, a paper, etc.) and to evaluate these artifacts through a reflection and revision process.
- an ability to apply social, cultural, and historical parameters in relation to dance.

Performance and Creative Opportunities

Companydance© is a student dance company offering a range of dance creating, performing, and producing opportunities and is open by audition to ALL students. The company exemplifies a global perspective that strives to spread awareness of dance forms from around the world. Veselica™ (pronounced veh-SELL-eet-sah) translates as “celebration.” Artistic Director Anne von Bibra founded the international dance ensemble in the late 1980s. Auditions for Veselica are held during the first week of the fall term and sometimes during the spring term. Students selected to be a part of Veselica will register for Dance 170 every semester they are involved.

Distinction

See Academic Honors (http://catalog.stolaf.edu/academic-regulations-procedures/academic-honors/#distinction)

Details about the distinction process can be found on the Dance Department web page.

Requirements

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>Language-Intensive Courses (Theory)</td>
<td>6.00</td>
<td></td>
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<tr>
<td>DANCE 100</td>
<td>Introduction to Dance</td>
<td>1.00</td>
</tr>
<tr>
<td>DANCE 124</td>
<td>World Dance Traditions</td>
<td>1.00</td>
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<tr>
<td>DANCE 150</td>
<td>Movement, the Camera, and the Creative Process</td>
<td>1.00</td>
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<tr>
<td>DANCE 231</td>
<td>Fundamentals of Choreography and Improvisation</td>
<td>1.00</td>
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<td>DANCE 246</td>
<td>Dance in the United States</td>
<td>1.00</td>
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<tr>
<td>DANCE 270</td>
<td>Dance Anatomy and Kinesiology</td>
<td>1.00</td>
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Movement-Intensive Courses (Technique) 1.50 credits

Select movement-intensive courses in at least two different genres (ballet, modern, improvisation, international, etc.) from the following list of classes to total 1.50 credits

- **Ballet**
  - DANCE 121 Ballet I (0.25)
  - DANCE 130 Advanced Beginning Ballet (0.50)
  - or DANCE 131 Advanced Beginning Ballet (0.25)
  - DANCE 220 Ballet II (0.50)
  - or DANCE 221 Ballet II (0.25)
  - DANCE 320 Ballet III (0.50)
  - or DANCE 321 Ballet III (0.25)

- **International and Social**
  - DANCE 106 Ballroom I (0.25)
  - DANCE 108 American Dance: Native and Immigrant Traditions (0.25)
  - DANCE 109 International Dance I: A Survey (0.25)
  - DANCE 206 Ballroom II (0.25)
  - DANCE 207 Art of Couple Dancing (0.25)
  - DANCE 209 International Dance II: Selected Dance Cultures (0.25)

- **Modern**
  - DANCE 111 Modern Dance I (0.25)
DANCE 210  Modern Dance II (0.50)
or DANCE 211  Modern Dance II (0.25)
DANCE 250  Modern Dance II: Technique Emphasis (.50)
or DANCE 251  Modern Dance II: Technique Emphasis (.25)
DANCE 310  Modern III (0.50)
or DANCE 311  Modern III (0.25)
Other Topics
DANCE 107  Topics in Rhythm in Dance (0.25)
DANCE 112  The African Diaspora in Contemporary Dance I (0.25)
DANCE 113  Hip Hop I (0.25)
DANCE 141  Topics in Movement Studies in Dance (0.25)
DANCE 160  Conditioning: Practice and Principles (0.25)
DANCE 240  The African Diaspora in Contemporary Dance II (0.50)
or DANCE 241  The African Diaspora in Contemporary Dance II (0.25)
DANCE 260  Hip Hop II (0.50)
or DANCE 261  Hip Hop II (0.25)

Senior Dance Capstone Project  3.00
DANCE 399  Senior Dance Seminar 2  1.00
Area of Specialty 3  2.00
Select at least two credits from within or outside the department.

Dance Companies and Productions
Dance company participation
Majors are required to participate in one of the dance companies for a minimum of three semesters.
DANCE 170  Veselica International Dance Ensemble (0 Cr)
DANCE 180  Companydance© (0 Cr)

Dance production management
Majors are required to contribute in managing a dance production for a minimum of one semester.

Total Credits  10.50

Courses
Movement-Intensive Courses
Courses in which moving is the primary mode of learning. These courses might resemble a traditional dance technique class or a class in which movement exploration and invention is emphasized. All movement-intensive courses taken for 0.25 credit in the Dance Department are repeatable. Students receive credit but not GE credit for a repeated course. GE credit is granted only once. (0.50) movement-intensive courses can only be taken once. Students ready to take an intermediate-level movement-intensive course MUST have instructor approval.

DANCE 106: Ballroom I (0.25)
Ballroom classes are taught from a social and aesthetic perspective. In this course, students learn fundamental steps and styling in cha cha, foxtrot, east coast swing, nightclub two step, and slow waltz. May be repeated. P/N only. Offered each semester.

DANCE 107: Topics in Rhythm in Dance (0.25)
Students explore dance genres that embody a strong rhythmic foundation. They experience rhythmic pattern as an organizing principle for the human body, an expressive capacity, and a social connector. Students investigate the cultural and social milieu from which dance genres emerge. Dance genres could include, hip hop, African, Asian, and Caribbean dance forms, tap dance, or jazz dance. May be repeated. P/N only. Offered each semester.

DANCE 108: American Dance: Native and Immigrant Traditions (0.25)
This course presents dances derived from immigrant and native traditions and includes Cajun, Bon odori, contras, hula, squares, and vintage dance forms such as Charleston, among others. May be repeated. P/N only. Ticket/transportation fee required. Offered periodically.

DANCE 109: International Dance I: A Survey (0.25)
International dance classes emphasize dance in its varied cultural contexts. This course surveys vernacular/community dance from around the world with emphasis on European and Near Eastern forms. May be repeated. P/N only. Ticket/transportation fee required. Offered annually.

DANCE 111: Modern Dance I (0.25)
Modern Dance is a western dance form, with broader influences, developed in the early 20th century, born from rebellion against traditional practices, curiosity to examine our lives and world through movement, and ongoing experimentation with form and content. It continuously evolves and expands as current artists influence the field. Faculty bring their individual movement backgrounds to class content. This course explores at a beginning level a range of movement vocabulary, body/mind/sensory awareness, and creative practice. May be repeated. P/N only. Offered each semester.

DANCE 112: The African Diaspora in Contemporary Dance I (0.25)
This course introduces students to the dynamic capabilities of the body as an articulate means of expression. It presents basic concepts and skills with attention to movement influenced by West Africa and the African Diaspora. Classwork develops alignment, coordination, polyrhythm, and a polycentric body awareness. Floorwork, inversions, and improvisation may be included. May be repeated. P/N only. Offered each semester.

The dance major curriculum is compatible with other majors. Recent and current double majors include physics, exercise science, biology, anthropology and sociology, theater, English and more.
DANCE 113: Hip Hop I (0.25)
This course explores the dance techniques of Party Dances, which began being termed “Hip Hop” dance in the 1980s. As a transformation of styles with Africanist parentage, this course focuses on the rhythm and groove embedded by the New York beginnings of proper Hip Hop. The course exposes students to the influence of Hip Hop on various cultures through the study of Party Dances and styles from New York to California, 1980s to 2000s. May be repeated. P/N only. Offered each semester.

DANCE 121: Ballet I (0.25)
This course provides students with an introduction to ballet technique, vocabulary, proper body alignment, and body awareness. Outside work includes practicing, reading, writing, and concert attendance. May be repeated. P/N only. Offered annually.

DANCE 141: Topics in Movement Studies in Dance (0.25)
Students learn special topics in dance in a movement intensive environment. Students study the historical, social, and cultural context in which the dance topic emerged and currently functions and the physical and expressive capacities that distinguish it from other forms. Dance topics could include somatics, Gaga, contact improvisation, yoga, partnering, or aerial dance. Topics may vary from year to year. May be repeated. P/N only. Offered each semester. No prerequisite.

DANCE 160: Conditioning: Practice and Principles (0.25)
Students engage in the physical practice and theory of the Pilates mat conditioning system. Students increase strength, flexibility, stamina, coordination and body/mind awareness through mindful practice of dynamic alignment, correct body usage, breath control, and anatomical study. The course utilizes rhythmic repetition and flowing movement. Additional exercise props will be used. This course includes repertoire developed to help improve key dance specified areas and is appropriate for all populations and levels of fitness. May be repeated. P/N only. Offered annually.

DANCE 170: Veselica International Dance Ensemble (0 Cr)
Veselica International Dance Ensemble introduces student performers and audiences to dance as a global art, expanding their awareness of the spectrum of dance forms and contexts in the world. Student performers develop skills by performing a variety of dance forms and experience the process of working together in an ensemble to create quality performances. Interested students can choreograph or stage international dance works, and members of the ensemble may also work with guest choreographers. The ensemble is open by audition to all students. May be repeated. P/N only.

DANCE 180: Companydance© (0 Cr)
Companydance© is a student dance company offering a wide variety of performing opportunities. Companydance© strives to be inclusive and to accommodate the evolving interests, needs and abilities of a broad spectrum of students (dance majors and non-majors), while encouraging student responsibility, creative collaboration, community building, and, of course, great dancing. To provide for the optimum growth and safety, each member is required to be concurrently enrolled in a dance movement-intensive class at an appropriate level. May be repeated. P/N only. Offered every semester.

DANCE 206: Ballroom II (0.25)
This course provides instruction in basic steps, rhythms, and styling for quickstep, samba, tango, and west coast swing. Students also learn advanced patterns in slow waltz, building on material learned in DANCE 106. Ticket/transportation fee required. May be repeated. P/N only. Offered alternate years, usually in the spring semester.
Prerequisite: DANCE 106 or permission of instructor.

DANCE 207: Art of Couple Dancing (0.25)
This course focuses on social dance forms performed in pairs. Students work on developing the skills necessary for success with such forms, including communicating non-verbally with a partner, particularly in lead/follow situations; giving weight and counter-balancing with a partner; rotating as a pair while progressing around the floor, etc. Repertoire for the class includes a range of social/ vernacular dance forms such as Viennese waltz, salsa rueda, rumba, schottische, and hambo, among others. May be repeated. Offered alternate years, usually in the spring semester.
Prerequisite: DANCE 106 or DANCE 108 or DANCE 109 or DANCE 206 or permission of instructor.

DANCE 209: International Dance II: Selected Dance Cultures (0.25)
Students focus intensively on the dance forms and styles of selected cultures chosen by the instructor in consultation with the students. Ticket/transportation fee required. May be repeated. P/N only. Offered periodically.
Prerequisite: DANCE 108 or DANCE 109 or DANCE 124 or permission of instructor.

The following movement-intensive courses are offered at both 0.50 credit (DANCE 130, DANCE 210, DANCE 220, DANCE 240, DANCE 250, DANCE 260, DANCE 270, DANCE 280, DANCE 290) and 0.25 credit (DANCE 131, DANCE 211, DANCE 221, DANCE 241 DANCE 261, DANCE 251, DANCE 311, DANCE 321). Movement-intensive courses taken for 0.50 credit entail additional outside work and may be taken only once. It is recommended that students take movement-intensive courses for 0.50 credit first. Movement-intensive courses taken for 0.25 credit may be repeated up to a total of eight times.

DANCE 130: Advanced Beginning Ballet (0.50)
This course offers an expansion of ballet technique, vocabulary, proper body alignment, and body awareness beyond the beginning level. Outside work includes practicing, reading, writing, and concert attendance. Ticket/transportation fee required. Offered annually.
Prerequisite: DANCE 121 or permission of the instructor.

DANCE 131: Advanced Beginning Ballet (0.25)
This course offers an expansion of ballet technique, vocabulary, proper body alignment, and body awareness beyond the beginning level. Outside work includes practicing, reading, writing, and concert attendance. Ticket/transportation fee required. May be repeated. Offered annually.
Prerequisite: DANCE 121 or permission of the instructor.

DANCE 210: Modern Dance II (0.50)
Students expand their understanding of modern dance by building on the components of DANCE 111, adding attention to movement qualities, elements of space, dance vocabulary, and of technique with an emphasis on phrasing and sequencing movement. Some sections may also include a focus on performing skills. Open to majors and other students with instructor's permission. May require ticket/transportation fee. Offered each semester.
Prerequisites: DANCE 111 and permission of instructor.
DANCE 211: Modern Dance II (0.25)
Students expand their understanding of modern dance by building on the components of DANCE 111, adding attention to movement qualities, elements of space, dance vocabulary, and of technique with an emphasis on phrasing and sequencing movement. Some sections may also include a focus on performing skills. Open to majors and other students with instructor’s permission. May require ticket/transportation fee. May be repeated. Offered each semester.
**Prerequisite:** DANCE 111 and permission of instructor.

DANCE 220: Ballet II (0.50)
This course offers an expansion of ballet vocabulary and technique with an emphasis on movement quality, clarity, and efficiency. Outside work includes practicing, reading, writing, and concert attendance. Open to majors and other students with instructor’s permission. Offered each semester.
**Prerequisite:** two terms of DANCE 121 or DANCE 130 or DANCE 131 or permission of the instructor.

DANCE 221: Ballet II (0.25)
This course offers an expansion of ballet vocabulary and technique with an emphasis on movement quality, clarity, and efficiency. Outside work includes practicing, reading, writing, and concert attendance. Open to majors and other students with instructor’s permission. May be repeated. Offered each semester.
**Prerequisite:** two terms of DANCE 121 or DANCE 130 or DANCE 131 or permission of the instructor.

DANCE 240: The African Diaspora in Contemporary Dance II (0.50)
This course builds on an existing understanding of alignment, coordination, and polyrhythm to introduce more mentally and physically difficult movements and a broad vocabulary. Developing a performance range is emphasized. The course demands an intermediate sense of kinesthetic awareness, efficient athleticism, and embodied familiarity with movement influenced by the African Diaspora. Floor work, inversions, and improvisation may be included. Students investigate the complexity within African art and dance aesthetics, including polyrhythm, polycentrism, and ephemerism. Students explore African aesthetic formations through the study and fusion of three African diasporic forms which include West African, Hip Hip, and Dunham. Students integrate the idea and politics surrounding “fusion,” specifically in the United States of America. Offered annually in the spring semester.
**Prerequisite:** DANCE 112 or permission of instructor.

DANCE 241: The African Diaspora in Contemporary Dance II (0.25)
This course builds on an existing understanding of alignment, coordination, and polyrhythm to introduce more mentally and physically difficult movements and a broad vocabulary. Developing a performance range is emphasized. The course demands an intermediate sense of kinesthetic awareness, efficient athleticism, and embodied familiarity with movement influenced by the African Diaspora. Floor work, inversions, and improvisation may be included. May be repeated. Offered annually in the spring semester.
**Prerequisite:** DANCE 112 or permission of instructor.

DANCE 250: Modern Dance II: Technique Emphasis (0.50)
Students further develop artistic, athletic technical skills in modern dance through concentrated work in movement sequencing and dance conditioning. Students learn, create, and perform movement patterns rich in attention toward actions and alignments of the spine, spatial pathways, dynamics of time and energy, expression of weight/ gravity, and intricate foot and legwork. Offered during the spring semester.
**Prerequisite:** two terms of DANCE 111 or permission of instructor.

DANCE 251: Modern Dance II: Technique Emphasis (0.25)
Students further develop artistic, athletic technical skills in modern dance through concentrated work in movement sequencing and dance conditioning. Students learn, create, and perform movement patterns rich in attention toward actions and alignments of the spine, spatial pathways, dynamics of time and energy, expression of weight/ gravity, and intricate foot and legwork. Offered in the spring semester.
**Prerequisite:** two terms of DANCE 111 or permission of the instructor.

DANCE 260: Hip Hop II (0.50)
This course explores the Hip Hop dance canon through Party Dance technique, and styles under the umbrella of Hip Hop. Beginning where DANCE 113 Hip Hop I ends, it focuses on rhythm, groove, and extends into complex footwork. As an intermediate-level course, these foci are explored intricately and in-depth, with expectations that students work toward intellectual and clear kinesthetic comprehension exhibited in the body through performance. Students investigate the influence of Hip Hop as a genre on various cultures through the study of street dance technique.
**Prerequisite:** DANCE 113.

DANCE 261: Hip Hop II (0.25)
This course explores the Hip Hop dance canon through Party Dance technique, and styles under the umbrella of Hip Hop. Beginning where DANCE 113 Hip Hop I ends, it focuses on rhythm, groove, and extends into complex footwork. As an intermediate-level course, these foci are explored intricately and in-depth, with expectations that students work toward intellectual and clear kinesthetic comprehension exhibited in the body through performance. Students investigate the influence of Hip Hop as a genre on various cultures through the study of street dance technique. May be repeated.
**Prerequisite:** DANCE 113.

DANCE 310: Modern III (0.50)
This course builds on the concepts and components of Modern Dance I and II. Offered each semester.
**Prerequisite:** DANCE 210 or DANCE 211 for at least two terms with two different instructors or DANCE 250 or DANCE 251 or permission of the instructor.

DANCE 311: Modern III (0.25)
This course builds on the concepts and components of Modern Dance I and II. Offered each semester.
**Prerequisite:** DANCE 210 or DANCE 211 for at least two terms with two different instructors or DANCE 250 or DANCE 251 or permission of the instructor.

DANCE 320: Ballet III (0.50)
This course offers a further exploration of ballet vocabulary and technique for the advanced dancer with an emphasis on clarity, intention, and musicality. Offered periodically.
**Prerequisite:** DANCE 220 or DANCE 221 or permission of the instructor.
DANCE 321: Ballet III (0.25)
This course offers a further exploration of ballet vocabulary and technique for the advanced dancer with an emphasis on clarity, intention, and musicality. Offered periodically.
Prerequisite: DANCE 220 or DANCE 221 or permission of the instructor.

Language-Intensive Courses
Courses in which lecture, discussion, and writing are primary modes of learning.

DANCE 100: Introduction to Dance
This introduction to dance course allows students to broadly experience dance. Students explore dance from the following perspectives: historical, cultural and social, creative and expressive, performing, critical and aesthetic, and kinesthetic. The intention of the course is to broaden students' perceptions about dance. Lectures, student presentations, experiential movement labs, and viewing of both live and recorded dance performances are all components of the course. No dance experience required. Ticket/transportation fee required. Offered annually in the fall semester.

DANCE 124: World Dance Traditions
An introduction to world dance traditions, this course examines dance forms, functions, contexts, and differing aesthetics found in selected cultures of Africa, Asia, Europe, the Middle East, the South Pacific, and the Americas. The course includes lectures, discussion, video-viewing, and required field-trips to dance events, in addition to studio experiences where students learn dances from the cultures studied. No previous dance experience required. Ticket/transportation fee required. Offered alternate years during interim.

DANCE 150: Movement, the Camera, and the Creative Process
Students learn, embody, and integrate elements of dance and film by engaging in the creative practice of making dance for the screen. Each student gains experience as a director, performer, videographer, editor, and critic in this collaborative learning community. Students discuss and analyze live movement studies, screenances by peers and professionals, and relevant texts. Other technologies, such as 3D character animation and reactive/interactive technology, may be introduced. The class culminates with an evening public showing. Offered alternate years in the spring semester. Also counts toward media and film studies concentrations.

DANCE 213: Fundamentals of Choreography and Improvisation
A basic course in principles and methods for creating dances, this course focuses on the elements of dance composition and improvisation, the relationship of form and content, and the relationship of the dancer and the dance. It is appropriate for students interested in any or all forms of dance and for those interested in other forms of composition (music, visual art, etc.). Offered annually in the fall semester.

DANCE 243: Southeast Asian Performing Arts
This course introduces students to the performing arts of Southeast Asia and the vital role they play historically and today. An interdisciplinary exploration featuring lectures, discussions, videos and experiential sessions teaches students about dance, dramatic and musical arts of Cambodia, Indonesia, Malaysia, and the Philippines as well as Burma, Laos, Thailand and Vietnam. The course focuses on the role of performing arts in everyday life, religious-ritual practice, and politics as well as artistic expression. Offered periodically. Also counts toward Asian studies major and concentration.

DANCE 246: Dance in the United States
Students trace and integrate the African-American and Euro-American dance traditions of the late 19th century, 20th century, and early 21st century. The course focuses on the theatrical dance genres of ballet, modern, and jazz (includes tap and some musical theater dance) and also examines social dance as the predecessor of some theatrical dance genres. The course also attends to the economic, religious, political, and social forces that have affected the development of dance in the United States, particularly, race, ethnicity, and gender and the intersection with other forms of structured inequality. Video examples supplement reading, live dance viewing, physical exploration, class lecture, mid-term and final exams, writing assignments, and discussion. No dance experience required. Ticket/transportation fee required. Offered annually in the spring semester. Also counts toward race and ethnic studies and women's and gender studies majors and race and ethnic studies and women's and gender studies concentrations.

DANCE 270: Dance Anatomy and Kinesiology
Students study musculoskeletal anatomy (structure) and kinesiology (science of human motion) from the perspective of dance training and performance. Students learn anatomical terminology, identify select bones (major features, articulations) and muscles (locations, actions), and analyze their influence during coordinated movement patterns. Students learn joint structure and mechanics, alignment and imbalances, movement behavior, conditioning needs, and injury prevention. Students learn to notice, measure, experience, sense, and reflect upon the impact of anatomical characteristics and anomalies. Offered alternate years in the fall semester.
Prerequisite: students taking this course should have previous experience in a movement intensive practice similar to dance, athletics, or exercise science.

DANCE 290: Topics in Dance
Students investigate a specific topic in dance through lecture, readings, class discussions, the viewing of live and recorded dance, and group projects. Potential topics could include dance and social justice, politics and the performing arts, dance and gender, dance aesthetics and ethics. Topics vary from term to term. May be repeated if topic is different. Offered periodically.

DANCE 294: Internship
DANCE 298: Independent Study
DANCE 374: Advanced Choreography
In this advanced analysis of principles and methods for creating dances, students survey current trends in dance performance as well as choreograph new works. Offered annually in the spring semester.
Prerequisite: DANCE 231.

DANCE 396: Directed Undergraduate Research
This course provides a comprehensive research opportunity, including an introduction to relevant background material, technical instruction, identification of a meaningful project, and data collection. The topic is determined by the faculty member in charge of the course and may relate to his/her research interests. Offered based on department decision. May be offered as a 1.00 credit course or .50 credit course.
Prerequisite: determined by individual instructor.
DANCE 398: Independent Research

DANCE 399: Senior Dance Seminar
In this culminating dance major course, students develop and execute their final senior projects in their individual areas of specialty, including planning for and promoting the presentation of their projects. Students prepare for dance and other career options by developing professional correspondence documents, learning and practicing interviewing skills, creating video samples of their work, and leading discussions on dance-related topics relevant to the individual student. Offered annually in the fall semester.

Faculty

Chair, 2019-2020
Heather J. Klopchin
Professor of Dance
modern dance technique; ballet technique; dance history; Companydance

Jennifer Bader
Adjunct Instructor in Dance

Paula L. Mann
Adjunct Instructor in Dance

Janice Roberts
Professor of Dance
modern dance; choreography; Companydance

Anthony W. Roberts
Artist in Residence in Dance
modern dance; dance technology; Companydance

Anne von Bibra
Visiting Assistant Professor of Dance
dance ethnology; ballroom; Veselica

Arneshia L. Williams
Visiting Assistant Professor of Dance
African Fusion and Hip Hop