

Pacific Island Dance – Spring 2023

Class Learning Objectives:

- 1) Learn about the culture and history of a few Pacific Island dances. The course will give an overview of the Hawaiian Hula, Tahitian Tamure or Ori Tahiti, New Zealand (Maori) and Philippines (Filipino).
- 2) A student may take this class several times to master skills and dance routines learned.
- 3) Students will have fun, learn some cultural dance routines, and benefit from physical exercises while dancing.
- 4) Classes will include modifications, if necessary or desired such as using a chair for exercises.
- 5) There will be Warm-up and Cool-Down exercises for each session.

Instructor: Cezarina Cornejo Alzona