

Pacific Island Dance

Course Description

- 1) Learn about the culture and history of a few Pacific Island dances. The course will give an overview of the dances of Hawaii, Tahiti, New Zealand, and the Philippines.
- 2) A student may take this class several times for exercise only or also to master skills and dance routines.
- 3) Students will have fun, learn some cultural dance numbers, 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.

Weekly Layout: