



El Camino College
COURSE OUTLINE OF RECORD – Official

Subject:	DANC
Course Number:	169
Descriptive Title:	Heels Dance Class
Division:	Arts, Media & Entertainment
Department:	Dance
Course Disciplines:	Dance
Catalog Description:	Heels Dance Class celebrates the art of dancing in heeled shoes as it pertains to a fusion of dance genres from current and historical dance lineages that promote feminine gender expression. This class fosters community and inclusion while promoting equity for all students to practice expressions of femininity in the styles of Burlesque, Dancehall, Stiletto Heels Dance, Femme Hip Hop and Commercial Dance Worlds.
Prerequisite:	
Co-requisite:	
Recommended Preparation:	
Enrollment Limitation:	
Hours Lecture (per week):	0
Hours Laboratory (per week):	4
Outside Study Hours:	0
Total Course Hours:	72
Course Units:	1
Grading Method:	Letter Grade only
Credit Status:	Credit, degree applicable
Transfer CSU:	Yes
Effective Date:	FA 2026
Transfer UC:	Yes
Effective Date:	pending
General Education ECC:	Area 5 - Health and Physical Education
Term:	
Other:	
CSU GE:	
Term:	
Other:	
IGETC:	
Term:	
Other:	
CalGETC:	

Term:	
Other:	
Student Learning Outcomes:	Upon completion of this course, students should be able to: 1. Perform heels dance sequences proficiently in the genres of Burlesque, Dancehall, Stiletto Heels Dance, Femme Hip Hop and Commercial Dance. 2. Demonstrate proper posture, correct weight placement, safe body alignment, musicality and rhythmic footwork while practicing in heels. 3. Express emotions with an emphasis on femininity while performing heels dance choreographic phrases.
Course Objectives:	1. Learning the basic mechanics of walking, strutting, and posing in heels with proper posture, weight placement and body alignment. 2. Performing dance skills, such as turns, pivots, and floorwork in heels with control and stability. 3. Strengthening core muscles and ankles to improve stability while standing and moving in heels. 4. Practicing and combining fundamental steps and movements into short, simple choreographed sequences. 5. Developing an understanding of rhythm and musical phrasing as it pertains to the choreography presented. 6. Increasing stamina and endurance by building the cardiovascular fitness required for longer, more energetic routines. 7. Developing fluid transitions between heels dance phrases. 8. Expressing emotion through movement. 9. Becoming proficient at Heels Dancing with different styles and categories of heels.
Major Topics:	I. Foundational Dance Skills A. Posture and Alignment B. Footwork and Beveling 1. Master foot movements in heels 2. Learning how to dance while beveling (dancing on the balls of the feet) C. Isolations 1. Developing the ability to isolate body parts in a fluid manner II. Injury Prevention A. Ankle/foot Stability 1. Building Strength and flexibility in the ankles and feet through warm up exercises 2. Engaging core and leg muscles while practicing in heels 3. Prioritizing shoes with ankle straps or boot-style design to secure the foot III. Choreographic Phrases A. Executing walks and turns in a dance sequence in heels B. Performing Floorwork in a dance sequence in heels C. Practicing different styles of Heels Dance including Burlesque, Dancehall, Femm Hip Hop fusion styles D. Creating a dance phrase to perform in Heels in a chosen Heels style E. Learning a work of choreography and performing it in Heels style IV. Expression A. Expressing through movement B. Practicing Improvisation on a phrase C. Pacing 1. Exploring different tempos within heels dance

	2. Using Momentum and gravity to work for you 3. Building Endurance to sustain a choreographic work in its entirety
Total Lecture Hours:	0
Total Laboratory Hours:	72
Total Hours:	72
A.1. Primary Methods of Evaluation (Part 1 - CCN courses only):	
Primary Method of Evaluation:	3) Skills demonstration
Typical Assignment Using Primary Method of Evaluation:	Create a two-minute Heels Dance Combination in either the Burlesque, Dancehall or Femme Hip Hop Styles and perform it. After performing your combination teach it to your group of four students. Decide your formation, spatial pathways and find moments in the dance to have improvised expression. Perform the dance again – this time as a group for the class.
Critical Thinking Assignment 1:	After watching the assigned clips from "Paris is Burning," please discuss your thoughts on the different styles of Heels Dance that were portrayed in the film. Did the socio-economic status of practitioners play a role in the overall development of the Dancehall and Femm Hip Hop Styles of Heel Dance? Please explain why or why not.
Critical Thinking Assignment 2:	Pick three commercial music videos that utilize a form of Heels Dance from the choices given. Analyze the style of Heels Dance that is being portrayed and pick out dance movements and steps associated with the style that you witness in the video. Why do you think the artist chose this style of Heels to express themselves? What style of heels dance would you utilize to express yourself and why?
Other Evaluation Methods:	Class Performance, Journal kept throughout course, Performance Exams, Written Homework
If Other:	
Instructional Methods:	Demonstration, Discussion
If other:	
Work Outside of Class:	Journal (done on a continuing basis throughout the semester), Observation of or participation in an activity related to course content (such as theatre event, museum, concert, debate, meeting)
If Other:	
Up-To-Date Representative Texts:	No Textbook
Alternative Texts:	
Required Supplementary Readings:	
Other Required Materials:	Heels for Dance
Requisite	
Category	
Requisite course:	
Requisite and Matching skill(s): Bold the	

requisite skill. List the corresponding course objective under each skill(s).	
Requisite Skill:	
Requisite Skill and Matching skill(s): Bold the requisite skill(s). if applicable	
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Enrollment Limitations and Category:	
Enrollment Limitations Impact:	
Course Created by:	Elizabeth Adamis
Date:	09/29/2025
Original Board Approval Date:	12/16/2025
Effective Term:	FA 2026