

Course Title: Introduction to Dance

Course Number: DA-105-A-CE

Instructor: Alessia Lovreglio Wilson, Adjunct Professor of Dance

WHAT YOU NEED FOR EACH CLASS

Essential Items:

Face Masks are required throughout class, even when dancing

Hand sanitizer

Purchase this journal set:

https://www.amazon.com/Moleskine-Subject-Cahier-Cover-Journal/dp/B079ZT1TXQ/ref=sr_1_6?dchild=1&keywords=moleskin+journal+large+unlined&qid=1597265136&sr=8-6

If you are unable to get this particular journal, purchase a single journal with similar dimensions and page type/page number, with a part of the page blank to draw, sketch or attach an image as a collage and a part with lines or dots to write

Digital tools

Both for online class and in presence class

Devices (iphone, iPad, tablet, laptop), connection to wifi, availability to watch, upload, download videos

Dance Attire:

Men

Any solid color T-Shirt or Long Sleeve Shirt (solid without lettering/words or pockets), Black Cotton Shorts or Pants that you can easily move in. No pockets are preferable. Black or White Socks, Proper undergarments for support is required. Face Mask

Women

Any solid color leotard with full upper body coverage. No prints. No neon/bright colors. Solid color, fitted shirts are acceptable, as long as they allow for moving without showing bare skin. Black Cotton Shorts or Pants that you can easily move in. No pockets are preferable. Black or White Socks, Long Sleeve Leotards are acceptable and encouraged for cooler weather. Proper undergarments for upper body support is required. Face Mask

Suggested Stores for Attire Purchase

Amazon, Target, Walmart, Applause DanceWear in Homewood Dance 'N Things

Lululemon American Apparel

Long hair **MUST** be tied back away from the face and secured in place.

Bracelets, rings, watches, ankle jewelry, nose rings and long earrings must be removed for class. Stud earrings are acceptable. Jewelry worn for religious or cultural purposes is acceptable but must be approved.