

World Dance (African), DANC 118 001
3 credits

Fall 2008, MW, 1:30pm to 2:45pm
Instructor: Kukuwa Nuamah
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Course Description:

World Dance provides a foundation for understanding traditional dance forms and their evolution as they relate to the culture and history of the geographical region studied. This course provides an introduction to the elements of West African dance as well as the educational and aesthetic experiences of African tradition.

Nature of Course Delivery:

This course is taught through studio practice, lectures, and discussion.

Student Outcomes:

- Demonstrate knowledge of the history and evolution of selected dance idioms.
- Relate basic rhythmic and musical concepts as they apply to these idioms.
- Acquire facility in a movement language that reaches across linguistic and geographic boundaries.
- To experience a variety of African dance forms.
- To develop greater aesthetic understanding and cultural literacy through African dance, music and oral traditions.

Course Requirements:

- Class attendance is essential for success in this course. Students are expected to attend every class.
 - Moreover, four absences may result in a failing grade. It is not possible to make up any missed classes. (see department guidelines)
 - Latecomers must sign in. Chronic lateness will affect final grades.
 - If it is necessary to leave class early, inform the instructor ahead of time. The class will count as ½ attendance.
- Clothing - Proper dance attire is required
- Attendance at the following George Mason Dance Company Concert. **You will be required to turn in your ticket stub and program.**
 - GMU Dance Company's Fall Concert**
Harris Theater
October 30th, 31st, November 1st, at 8 pm
Friday, October 31st, 2 pm matinee
\$15, \$10, \$7
Limited number of free tickets available beginning October 21st, 2008.
- Extra Credit Concert Attendance: **You will be required to submit ticket stub, program and your notes.** See suggestions below.
 - Song and Dance Ensemble of West Africa**
Concert Hall
October 10th at 8 pm
\$46, \$38, \$23
Limited number of free tickets available beginning September 30rd, 2008.
 - Ballet Flamenco José**
Concert Hall
October 31st at 8 pm
\$44, \$36, \$22
Limited number of free tickets available beginning October 21th, 2008.

- Midterm Exam: October 8th
- One two page written assignment. Topic to be discussed in class.
- Final group movement presentation: **Wednesday, December 3rd, 1:30 pm to 2:45 pm**

Grading:

Attendance/concentrated participation	20%
Growth, development, progress	20%
Technical ability	20%
Written work	10%
Concert Attendance	10%
Final movement exam	20%

Grading Standards:

- A grade of "A" is given for superlative work that demonstrates a profound commitment to the course material, and further, that goes on to employ this material as a springboard for independent thought and work.
- A grade of "B" is given for very good work that completely fulfills all the requirements of the course in a conscientious and dedicated manner, and that demonstrates mastery of the course content.
- A grade of "C" is given for work that fulfills all the requirements of the course in a satisfactory manner, but that falls short of demonstrating rigor and mastery.
- A grade of "D" is given for work that is unsatisfactory
- A grade of "F" is given for work that fails to fulfill the requirements of the course.

GMU Add/Drop Policy: The last day to drop this class with no tuition liability is September 9th, 2008. The last day to drop this class without Dean's permission is September 26th, 2008, by 5pm. The elective withdrawal period for this class is from September 27th to October 24th, 2008. It is the student's responsibility to check to verify that they are properly enrolled as no credit will be awarded to students who are not.

Honor Code, Copyright, & Computing Policies:

You are expected to adhere to all University policies and guidelines during your participation in this course. All work must be your own. Inappropriate use of the work of others is a George Mason University Honor Code violation. Please review the University's website for information on the following: Honor Code and Judicial Procedures; Copyright/Fair Use; and Responsible Use of Computing.

Reasonable Accommodation: If you are a student with a disability and you need academic accommodations, please see me and contact the Office of Disability Resources at (703) 993-2474. All academic accommodations must be arranged through that office.

NOTE: Cell phones, pagers and alarms must be turned off in class. No exceptions.

Relationship of Course to Program Goals and Professional Organizations:

World Dance (DANC118) provides a foundation for understanding traditional dance forms and their evolution as they relate to the culture and history of the geographical region studied. This course meets the Virginia Department of Education competency for understanding the relationship of dance and culture. It also prepares student teacher candidates to meet the Dance Arts Standards of Learning for Virginia Public Schools (see www.pen.k12.va.us/VDOE/Superintendent/Sols/home.shtml) by providing insight into the variables of culture and experience that shape the aesthetics of individuals and societies: DM.12; DI.12; DI.13; DI.17; DII.3; DII.11.

SYLLABUS FOR AFRICAN DANCE CLASS
PROF. KUKUWA NUAMAH
15 WEEKS - FALL SEMESTER
August 25 - December 3, 2008
Mondays & Wednesdays (Dance 118-001) -1:30pm - 2:45pm

- WEEK 1: - Introduction of class
 - Basic overview of African Dances (Homework to find African Soul names)
- WEEK 2: - Continent of Africa (Countries, Capitals & Languages)
- WEEK 3: - African Musical Instruments
 - African Music and its differences
- WEEK 4: - African Ceremonies (Births & Initiations) - (class discussion)
- WEEK 5: - African Ceremonies (Courtships & Marriages)
 (class discussion)
- WEEK 6: - African (Tribalism) - (class discussion)
 - Movies (Hotel Rwanda)
 - Overview of quiz material
- WEEK 7: - Quiz Test - Continent of Africa (Midterm Exams)
- WEEK 8: - African Culture & its people (Royalty & Power)
 (class discussion)
- WEEK 9: - African Rituals (Rituals & Worships) - (class discussion)
- WEEK 10: - African Ceremonies (Death & Burials) - (class discussion)
- WEEK 11: - Overview of Stories & Dances
- WEEK 12: - Written Essays of 2 African dances written in story format, no choreography accepted; not more than 1 page each, double spaced.
- WEEK 13: - Written Essays - due. (Final Exams)
- WEEK 14: - Overview of all dances; **Thanksgiving Break (no Wed. class)**
- WEEK 15: - Dance Tests (Final Exams)

PREFACE

African Cultural Dances

Music and Dance play a great and important role in the lives of the African people. Music and Dance is an expression of the people and is performed to celebrate important events such as births and initiations, courtships and marriages, royalties and power, harvests and rituals, beliefs and worship, spirits and ancestors, deaths and funerals.

Africans brought their dances and music with them to America. Today their influence and culture can still be seen in the performing arts of the Americans in dances such as Step, Tap, Break dance, Hip Hop, Jazz, and other musical dances.

The movements of the dances are sometimes natural imitations of animals, birds, reptiles and the wildlife, and also of daily work activities of the people which signifies gracefulness, beauty, strength, bravery, and intelligence. The rhythms of the drums are also obtained from watching and studying the wonders of nature and the essence of life. The dances and the drumming are passed down from generation to generation to the children as early as the age of 3 when the child can comprehend.

Many of the African traditions which were brought here to America by way of the slaves, and now even more so by voluntary visitors of Africa, are being kept alive through cultural dances and music taught to the American people by some of the natives of Africa.

Tribes play an integral part of the African people. Each region in a particular country is made up of several tribes. In Ghana alone, which is populated by about 20 million has about 58 tribes and each tribe speaks its own language or dialect. So one can only imagine the magnitude of tribes and languages of the people of Africa.

THE AFRICAN DANCES

African Cultural Dances

DJOLO or AGBAJA (Dancing into Womanhood)

(CHERIE NICAISE – another such dance)

(West African Dance - people of Ghana, Togo, Benin, and Ivory Coast)

Initiation into adult life begins at the age of eight. The initiates are schooled by the secrets and complexity of the older women in the community.

MISTIQUE (Such are the mysteries of life)

(C'EST LA VIE – another such dance)

(Central African Dance signifying the essence of life of the people from Gabon, Cameroon, and Democratic Republic of Congo)

The world is a mystery to man, and in this dance, man takes different turns and avenues to figure out the intricacies of life.

KOUMBE OLELI (Warriors preparing for war)

(West African Dance from the people of Ghana, the Ashanti tribe)

War is a manhood event for the Ashanti people, at the teenage years of a boy; he is groomed and taught how to go to war to protect his people.

MA GAUE (Births and Ceremonies)

(West African Dances to their ancestors)

Births and Initiations are taken very seriously by the African people, and each tribe performs its extensive rituals accordingly. The significance of initiation is the determination of how the child will fare in life, thus the seriousness of it.

SOMEBODY (Rioting times in the townships of South Africa)

During the era of apartheid, the people of South Africa were badly treated, touché red and killed. They tried to take revenge against their European oppressors which resulted in riots.

FREEDOM (After the era of apartheid the people of South Africa got back their freedom – May 26th 1994. The era was from 1948 - 1994)

During the era of apartheid, the South Africans were ruled with an iron fist by their oppressors the Europeans. They were touchered, whipped, imprisoned, battered and killed. Eventually, they won their freedom, and their hero, Nelson Mandela the leader of African Nat'l Congress was freed after 27 years of imprisonment. This Zulu dance signifies the bondage they were in before and exemplifies the freedom they now attain.

M'BUTA ZAO (Power and Loyalty)

(Central African people, Cameroon, Zaire – Republic of the Congo)

Power and Loyalty is the significance of this dance. African men are the heads of their families and possess the power to be in charge of the household in caring and feeding them. This sort of power allows the women the respect for their men. In return the women play their rolls in the loyalty and obedience to their men.

DEKONALAN (Ritual Dances – Harvest of sowing and reaping)

(West African Dance from the people of Togo and Volta Regions)

Rituals are performed during the time of seed sowing for the villages and townships in order for blessings to be received for their harvests. These rituals are performed in respect to their ancestors.

SUZI (Ritual Dances – Rain Dance)

(East Africa)

Rain can be very scarce in Africa at times. We usually have two seasons, the rain season and the dry season.

Just about the end of the dry season, the tribes perform several tribal rain dances to their God, so He may send down rain from above for their physical needs and everyday lives.

MAITRE SOKETE (Beliefs and Worship)
(Central Africa – Cameroun)

Beliefs and Worship is part of the African people. In their everyday lives, they call upon God (or the higher supreme being they believe in) to ask for direction. They believe their answers always come to the spirit being. In other words, God communes with their spirit and reveals the answers to their questions.

FUN SONGS FOR THE CLASS:

IMPI (South Africa)

APAKATWE (East Africa)

DADA LUMBA (West Africa)

MUSICAL INSTRUMENTS

African Cultural Dances

The common instruments indigenous to the West, East, South and Central African regions are as follows:

D'JUN D'JUN - A large double-headed drum, is used to keep the traditional orchestra's tempo. The tempo dictates the speed of the dance in accordance to the orchestra, either fast or slow. It is played with a thick stick about 2 inches in diameter, but can also be played along with the hand.

D'JIMBE - The d'jimbe is a champagne-glass shaped drum, carved with a single piece of wood and played with the hands. The d'jimbe is the lead solo instrument and melody drum in the orchestra.

DONDO or TAMMA (Small Talking Drum) – It is an hour glass shaped drum with animal skin on both ends, connected by strings which is flexible to tighten or loosen the heads on the drum to create different sounds. The Dondo or Tamma is a drum used to relay messages to the village people, (as in public announcements). African languages are tone derived; meanings are given to words with different sounds. The drum is placed under the arm and the drummer speaks by squeezing the strings with his arm as he plays, changing the tones that create words and phrases.

BREKETE (Large Talking Drum) - This instrument is played two or more at a time. It is a bigger type drum, the shape of a larger Conga and has hand carvings on the side and animal skin on the top of it. It is a loud drum and its sound travels quite a distance when played. It is also used to relay messages to the village people.

ACHIN or SHEKERE (Maracas) - A rattle instrument made from a Gourd (a fruit tree), with beads strung on the outside that rattles when shaken. A melody instrument which provides a different type of tempo to the orchestra and to the dancers.

DAHUR or COW BELL - This is a metal instrument in the shape of a bell. Some are two or three headed and others are one. Each head makes a different sound which usually dictates the step of the dancers in rhythm.

BALAPHONE or Xylophone – An instrument made of wood, having several keys of different pitch. The larger wood is a lower tone and the smaller wood is a higher tone.

MALE AND FEMALE SOUL NAMES OF THE WEEK IN THE FANTE DIALECT (ALSO AKAN)

(Ghana, West Africa)

	Males	Females
Monday:	Kojo	Adjoa
Tuesday:	Kobina	Abena
Wednesday:	Kweku	Ekua
Thursday:	Kwow (Ekow)	Aba
Friday:	Kofi	Efua
Saturday:	Kwame	Ama
Sunday:	Kwesi	Esi

The Characteristics of the African Soul Names

Monday Child:

Father or Mother of the family, nurturing in nature, dependable and organized, and protective of his/her family.

Tuesday Child:

The planner of the family, structured in nature, neutral in all matters, never taking sides, problem solver.

Wednesday Child:

Fully in control of every situation, does not want to be told what to do, knows it all, spontaneous, vibrant and cordial, but do not cross his/her path.

Thursday Child:

Quiet in nature, very observant taking it all in, a listener not a talker, but analyzes every situation very well.

Friday Child:

A leader, not a follower, very temperamental but has a big heart, always the instigator of everything.

Saturday Child:

Likes to take control of family situations. Running the show and making the rules, but will go out of his/her way for others anytime.

Sunday Child:

Passive, sensitive, warm, and tends to be shy, likes to keep to his/her self, but very aware of his/her surroundings and usually the secret keeper of the family.

Regions of the African Continent

Region	Countries	Capitals	Languages
Central			
Central	Burundi	Bujumbura	French
Central	Cameroon	Yaounde	English, French
Central	Central African Republic	Bangui	French
Central	Chad	N'djamena	Arabic, French
Central	Congo	Brazzaville	French
Central	Democratic Rep. Congo (Zaire)	Kinshasa	French
Central	Equatorial Guinea	Malabo	French, Spanish
Central	Gabon	Libreville	French
Central	Rwanda	Kigali	English, French
East			
East	Djibouti	Djibouti	Arabic, French
East	Eritrea	Asmara	Amharic, English
East	Ethiopia	Adis Ababa	Amharic, English
East	Kenya	Nairobi	English
East	Madagascar	Antananarivo	French
East	Seychelles	Victoria	English, French
East	Somalia	Mogadishu	English
East	Sudan	Khartoum	Arabic
East	Uganda	Kampala	English
North			
North	Algeria	Algiers	Arabic, French
North	Egypt	Cairo	Arabic
North	Libya	Tripoli	Arabic
North	Morocco	Rabat	Arabic, French
North	Tunisia	Tunis	Arabic, French
South			
South	Angola	Luanda	Portuguese
South	Botswana	Gaborone	English
South	Comoros	Moroni	Arabic, French
South	Lesotho	Maseru	English
South	Malawi	Lilongwe	English
South	Mauritius	Port Louis	English, French
South	Mozambique	Maputo	Portuguese
South	Namibia	Windhoek	English
South	Reunion	Saint Denis	French
South	South Africa	Pretoria	English
South	Swaziland	Mbabane	English

South	Tanzania	Dar-es-Salaam	English
South	Zambia	Lusaka	English
South	Zimbabwe	Harare	English
West			
West	Benin	Cotonou	French
West	Burkina Faso	Ouagadougou	French
West	Cape Verde	Praia	Portuguese
West	Gambia	Banjul	English
West	Ghana	Accra	English
West	Guinea Bissau	Bissau	Portuguese
West	Guinea	Conakry	French
West	Ivory Coast	Yamoussoukro	French
West	Liberia	Monrovia	English
West	Mali	Bamako	French
West	Mauritania	Nouakchott	Arabic, French
West	Niger	Niamey	French
West	Nigeria	Abuja	English
West	São Tomé and Príncipe	São Tomé	Portuguese
West	Senegal	Dakar	French
West	Sierra Leone	Freetown	English
West	Togo	Lome	French