Dance Classes at CSU H — Put a Little Swing in Your Workout

By Graciela Portusach

Little Swing in Your Workout

CSU Hayward’s hip-hop dance class is offered for fun, spunky, fresh and a great way to stay in shape. The classes consist of elaborate footwork from all over the United States, Cuba, West Africa, and Latin America. The hip-hop dance class uses a varied curriculum of styles, all choreographed by Laura Ellis. Each dance is taught in sections for the department of theater and dance.

“Classes are great for students with or without dance experience since most techniques are taught in a fun and creative manner,” said Ellis, a professional dancer who has extensive experience with varieties of dance, including with Mills College in Oakland. She has performed and trained for DanceTours Dance Company and has 20 years of experience on her belt. According to Ellis, the hip hop classes are offered for both beginning and intermediate levels and no experience is required. Participants will learn the creative aspects of hip-hop and jazz styles, while learning the rhythms and dynamics.

CSU Hayward Educators Take Part in Black History Month Program

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Every year, the University of California at Berkeley stages its annual Black History Month Program, which includes a wide range of events such as concerts, lectures, and workshops. This year, the program will feature a variety of events, including a special performance by the Hip Hop Dance Company, which will showcase their skills and talent. The program will also feature a variety of other events, including a lecture by Dr. John Hope Franklin, a historian and author of numerous books on African American history.