

# DNC 191: Pointe Technique I

Designed for the female dance student. Participants learn pointe technique. This class is the study of pointe work technique focusing on barre and center exercises to strengthen the student's metatarsal, legs and torso. The class will offer an increased ballet vocabulary specific to dancing on pointe.

**Credits:** 1

**Transfer Code:** Code B

**Lab Hours:** 0

**Lecture Hours:** 1

**Prerequisites:**

DNC 122

Or permission of instructor

**Semester Offered:**

Fall