

課程名稱：K-Pop 韓國流行舞

- **課程簡介：**

本課程由專業舞蹈老師指導，內容由淺入深，拆解並教授當前流行的韓國 MV 舞步，例如 BLACKPINK、aespa、TWICE、ITZY、BABYMONSTER、MEOVV 等等。

學員將隨著時下流行且節奏強勁的音樂，從基本動作訓練開始，逐步提升身體協調性及 MV 舞步掌握，從而增強自信和滿足感，享受舞蹈的樂趣。同時，課程也提供運動和舒展身心的益處，幫助提升身體機能、靈活度、柔軟度、肌肉力量、體態美感和音樂感，並有效釋放壓力。

- **課程內容：**

- **上半部分- 熱身與基本動作練習**

學員將配合音樂節奏進行輕度拉筋熱身，學習身體的運用，並進行舞蹈基礎動作訓練，以感受和熟習 K-Pop 的風格和形態。

- **下半部分- 教授 K-Pop MV 舞步**

導師將選取當前流行的 K-Pop MV 舞曲，根據學員的進度詳細拆解並教授舞步，從慢到快、由淺入深，從分段練習到整體串連，最終配合原曲音樂進行練習。

透過不斷的練習，學員將提升自信，獲得成功感和滿足感，釋放身心，鍛鍊身體，享受音樂與舞蹈帶來的快樂。

(備注：本課程歡迎任何喜愛以舞蹈鍛鍊身心的人士。)

- **課程日期：**

- A 班: 13/1、20/1、27/1、3/2、10/2、24/2、3/3、10/3 (共八課)

- B 班: 17/3、24/3、31/3、14/4、21/4、28/4、5/5、12/5 (共八課)

時間: 下午 1 時至 2 時

地點: 香港科技大學 **LG1027 室 (TBC)**

導師: 周靜怡小姐

導師資歷: 周靜怡 畢業於香港演藝學院，主修現代舞，表演系及導演系。及後於美國 New York Boardway Dance Center 及 Los Angeles EGDE Performing Arts Center，進修多種不同舞蹈。此外，亦擁有瑜伽導師，頤鉢療癒師等資歷。現為自由身編舞及舞者，瑜伽及舞蹈導師，頤鉢療癒師等。

授課語言：廣東話(如有需要可輔以英語)

名額：12 人(額滿即止)

收費：會員\$800 / 非會員\$830 (請在第一課前付款)

歡迎非會員加入本會，享用會員福利，年費港幣30元。

登記網址: <https://staff.hkust.edu.hk/application>

網上報名: **Class A:** https://qualtricsxmly2skgh5t.qualtrics.com/jfe/form/SV_aYIZcGlejWoP28S

Class B: https://qualtricsxmly2skgh5t.qualtrics.com/jfe/form/SV_bBhwZKEYVdqTkYS

名額先到先得。所有參加者都必須是科大教職員或教職員協會會員/附屬會員，教職員協會會員/附屬會員優先。

- **報名截止日期：**2026 年 1 月 6 日 (Class A) / 2026 年 3 月 10 日(Class B)
- **查詢：** 楊小姐(電郵 tinayeung@ust.hk)

* 成功報名者，將會收到電郵通知，不成功者，不會獲得通知。

Course Title: K-Pop Korean Pop Dance

- **Course Introduction:**

This course is led by a professional dance instructor and is designed to progress from basic to advanced levels. It focuses on breaking down and teaching popular dance moves from current K-Pop music videos featuring artists like BLACKPINK, aespa, TWICE, ITZY, BABYMONSTER, and MEOVV.

Participants begin with basic movement training to popular music, improving coordination and dance skills. The course builds confidence, offers enjoyment, and provides physical benefits such as improved flexibility, strength, posture, and musicality, while also reducing stress.

- **Course Content:**

- **First Half: Warm-Up and Basic Movement Practice**

Participants will engage in light stretching and warm-up exercises to music, learning to utilize their bodies and master foundational dance movements to feel and become familiar with the K-Pop style.

- **Second Half: Teaching K-Pop MV Dance Steps**

The instructor will select popular K-Pop tracks and break down the dance steps according to the participants' progress. The instruction will progress from slow to fast and from simple to complex, moving from segment practice to connecting them for full practice with the original music.

Through consistent practice, participants will build confidence, experience a sense of achievement, release tension, and enjoy the physical and emotional benefits of music and dance.

(Note: This course is open to anyone who enjoys exercising through dance.)

- **Course Dates:**

- **Class A:** January 13, 20, 27, February 3, 10, 24, March 3, 10 (Total 8 lessons)
- **Class B:** March 17, 24, 31, April 14, 21, 28, May 5, 12 (Total 8 lessons)

Time : 1:00 PM to 2:00 PM

Location : **Multi-Purpose Room LG1027 (TBC)**, HKUST

Instructor : Ms. Chau Ching Yee

Instructor Qualifications:

Ms. Chau Ching Yee graduated from the Hong Kong Academy for Performing Arts, majoring in Modern Dance, Performance, and Directing. She further studied various dance styles at the New York Broadway Dance Center and Los Angeles EDGE Performing Arts Center. She also holds qualifications as a yoga instructor and sound bowl therapist. Currently, she works as a freelance choreographer and dancer, as well as a yoga and dance instructor, and sound bowl therapist.

Medium of instruction: Cantonese (supplemented by English if necessary)

Quota : 12 people (Registration closes when full)

Fees : Member \$800/ Non-member \$830 (Please pay before the first lesson)

(Non-members are welcome to join the Staff Association to enjoy member benefits. Annual fee is \$30.) SA membership application form can be downloaded at:
[Application | HKUST Staff Association](#)

Registration:

Class A: https://qualtricsxmly2skgh5t.qualtrics.com/jfe/form/SV_aYIZcGlejWoP28S

Class B: https://qualtricsxmly2skgh5t.qualtrics.com/jfe/form/SV_bBhwZKEYVdqTkYS

The quota is available on a first-come-first-served basis. Participants should be faculty/staff of the University or Full/Associate Member of the Staff Association. Priority will be given to Members/Associate Members of the Staff Association.

- **Deadline:** 6 January 2026 (Class A) / 10 March 2026 (Class B)
- **Enquiry:** Ms Yeung (Email: tinayeung@ust.hk)

*An email will be sent to successful registrants. Unsuccessful registrants will not be notified.