

FAU Launches Introduction to Dance Course, Featuring Ballroom and Latin Instruction from World Champion Professionals

Delray Beach Fred Astaire Dance Studio owners Clifton Sepulveda and Mar Martinez to teach "American Smooth & American Rhythm" segment of course this fall

BOCA RATON, FL, UNITED STATES, August 10, 2026 /EINPresswire.com/ -- [Florida Atlantic University](https://www.floridatlantic.edu/) (FAU) students will soon have the opportunity to step onto the ballroom dance floor as part of their college education. Beginning in the Fall 2026 semester, world champion dance professionals and Delray Beach Fred Astaire Dance Studio owners Clifton Sepulveda and Mar Martinez will teach "American Smooth & American Rhythm," a new ballroom and Latin dance unit that emphasizes practical life skills that extend beyond the dance floor.

This ballroom and Latin segment is part of a newly expanded, 15-week Introduction to Dance course at FAU, offered through the university's Department of Theatre and Dance. In addition to the five weeks of American Smooth and American Rhythm taught by Sepulveda and Martinez, students will spend five weeks studying Tap and five weeks studying Hip Hop — giving them a well-rounded introduction to three distinct dance traditions, and the rhythms, history and technique behind each, over a single semester. The pilot marks the first time ballroom and Latin dance have been part of FAU's curriculum, and students will earn three credit hours for taking the course.

Open to all FAU students, the American Smooth & American Rhythm unit will provide instruction in ballroom dances, which travel around the floor, and Latin dances, which are performed primarily in place. This five-week segment will consist of ten classes, meeting twice weekly beginning August 24 and concluding with a showcase on September 23.



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Beyond technique, the course is designed to help students develop valuable personal and professional skills, including socialization and interpersonal communication, professional presentation and confidence, etiquette and social awareness, leadership and partnership skills, and physical fitness and wellness.

"This is much bigger than teaching dance," said Sepulveda. "Ballroom dancing teaches people how to communicate, connect, present themselves professionally, and work with others. These are skills that students can carry into their careers, relationships, and everyday lives."

Martinez said the program draws inspiration from educational traditions throughout Europe, where ballroom dance has long been incorporated into school curriculum as a tool for teaching social interaction, confidence, communication, and cultural appreciation.



Clifton Sepulveda and Mar Martinez

"In many European countries, learning ballroom dance is considered part of a well-rounded education," added Martinez. "We're excited to bring that philosophy to FAU and introduce students to an experience that develops both technical skills and personal growth."

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We're honored that FAU recognizes the educational value of these skills and is providing students with this opportunity. ”

Mar Martinez

For Sepulveda and Martinez, who have spent years teaching students ranging from beginners to competitive dancers, the opportunity represents an important step in elevating ballroom dance as an educational discipline.

"Ballroom dance combines artistry, athleticism, etiquette, teamwork, and communication in a way that few activities can," said Sepulveda. "We're honored that FAU recognizes the educational value of these skills and is providing students with this opportunity."

Martinez added, "Our hope is that students leave the course with more confidence, stronger communication skills, new friendships, and a lifelong appreciation for dance."

About Clifton Sepulveda and Mar Martinez

Clifton Sepulveda and Mar Martinez are world champion professional dancers and co-owners of Delray Beach Fred Astaire Dance Studio. Recognized among South Florida's leading ballroom and Latin dance instructors, they have helped hundreds of students build confidence, improve wellness, and discover the transformative power of dance through personalized instruction, competitive training, and community programming.□

About [Delray Beach□Fred Astaire Dance Studio](https://www.fredastairadelraybeach.com)□□

Delray Beach□Fred Astaire Dance Studio is one of South Florida's premier destinations for ballroom and Latin dance instruction, offering private lessons, group classes, social dance parties, competitive training, and specialized programs for adults of all ages and abilities.

Owned and□operated□by□world champion□professional dancers Clifton

Sepulveda and Mar Martinez, the studio is recognized for its welcoming atmosphere, exceptional teaching, and□strong sense□of community. With a focus on confidence, connection, and personal transformation, Delray Beach Fred Astaire helps students experience the joy, artistry, and wellness benefits of dance — whether□they're□brand-new beginners, seasoned performers, or individuals seeking movement-based wellness support. Learn more at□<https://www.fredastairadelraybeach.com>.

About Florida Atlantic University□

Florida Atlantic University serves more than 32,000 undergraduate and graduate students across six campuses along Florida's Southeast coast. Recognized as one of only 11 institutions nationwide to achieve three Carnegie Foundation designations - R1: Very High Research Spending and Doctorate Production," "Opportunity College and University," and Carnegie Community Engagement Classification - FAU stands at the intersection of academic excellence and social mobility. Ranked among the Top 100 Public Universities by□U.S. News & World Report, FAU is also nationally recognized as a Top 25 Best-In-Class College and cited by□Washington Monthly□as "one of the country's most effective engines of upward mobility." As a university of first choice for students across Florida and the nation, FAU welcomed its most academically competitive incoming class in university history in Fall 2025. To learn more, visit□www.fau.edu.

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