



| | | |
|---|---|---|
| Course Code DAN-160 | Course Title Pointe Work I | ECTS Credits 2 |
| Department Music and Dance | Semester Fall | Prerequisites DAN-234 |
| Type of Course Elective | Field Dance Technique | Language of Instruction English |
| Level of Course 1 st Cycle | Year of Study 3 rd | Lecturer Christina Patsalidou |
| Mode of Delivery Face-to-face | Work Placement N/A | Co-requisites None |

Objectives of the Course:

This course is an introduction to pointe work – executing basic ballet technique on pointe. Students registering for the course must have the basic concepts of classical ballet well within grasp and have learned the following: positions of the feet, correct postural alignment, rotary leg movements, petit allegro and good mechanics of turning.

Learning Outcomes:

After completion of the course students are expected to be able to:

1. Demonstrate a secure understanding of weight transfer and suspension while on pointe.
2. Implement the technique of going through demi pointe to full pointe during all warm up combinations.
3. Demonstrate coordination of the whole body while executing movement.
4. Practice accurate alignment on pointe, approaching the pointe shoe as a continuation of the line of the body.
5. Perform a classical variation piece on pointe.

Course Contents:

1. Rises in all positions
2. Echappes and releves in 1st, 2nd and 5th position
3. Pas de bouree
4. Courus
5. Temps lie
6. Releves devant and derriere and passes
7. Poses en avant de cote
8. Poses into arabesque
9. Poses pirouettes en dedans
10. Practice and performance of a classical variations piece on pointe

Learning Activities and Teaching Methods:

Studio, supported by practical demonstration and visual aids/images

Assessment Methods:

| |
|--|
| In Class Participation and Performance, Practical Midterm Evaluation, Classical Variation, Practical Final Examination |
|--|

Recommended Textbooks/Reading:

| Authors | Title | Publisher | Year | ISBN |
|---|---|---|-------------|-------------|
| Barringer, Janice and Schlesinger, Sarah | <u>The Pointe Book: Shoes, Training & Technique</u> | Hightstown, NJ: Princeton Book Company | 1998 | 08771271508 |