



Course Code DAN-213	Course Title Contemporary Dance III, Technique 1 (Graham)	ECTS Credits 2
Department Music and Dance	Semester Fall	Prerequisites DAN-112
Type of Course Major Core	Field Dance Technique	Language of Instruction English
Level of Course 1 st Cycle	Year of Study 2 nd	Lecturer(s) Alexander Michael
Mode of Delivery Face-to-face	Work Placement N/A	Co-requisites DAN-223

Objectives of the Course:

The purpose of this course is to further develop to the principles of the Martha Graham technique, building on the skills and experience acquired in Levels I and II. Special attention will be given to the embodiment of aesthetic and movement qualities within the technique. Other main objectives are travelling in all directions, jumps and leaps, and more challenging movement sequences.

Learning Outcomes:

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

1. Perform more complex exercises within the Graham technique and sections from the repertory, as they appear in floor work, standing work and Graham choreography.
2. Practice contractions, release (neutral), and spirals in all positions, with special focus on standing work and traveling sequences.
3. Demonstrate technical precision and clarity of movement.
4. Begin to demonstrate a keen sense of musicality and rhythmic.
5. Demonstrate basic expression and theatricality in performance, founded on an aesthetic understanding of the technique.

Course Contents:

1. Breathings, Contractions and Release
2. Spirals (Threes and Sixes)
3. Deep Stretches and Pleadings
4. Turns Around the Back
5. Back Leg Extensions
6. Graham Plies (with contractions and S arms)
7. Foot work with Spirals and Contractions

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| 8. Side Contractions and Fan Kicks
9. Split Falls
10. Rond de Jambe in to Leg Extension
11. Traveling – Triplets and Prances
12. Musicality and Aesthetic Awareness
13. More Complex Movement Sequences |
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Learning Activities and Teaching Methods:

Studio

Assessment Methods:

In Class Participation and Performance, Journal, Practical Midterm Examination, Practical Final Examination

Recommended Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Horosko, Marian	<u>Martha Graham: The Evolution of Her Dance Theory and Training</u>	Gainesville, FL: University Press of Florida	1991	0813024730