



<b>Course Code</b> DAN-224	<b>Course Title</b> Contemporary Dance IV Technique 2 (Release)	<b>ECTS Credits</b> 2
<b>Department</b> Music and Dance	<b>Semester</b> Spring	<b>Prerequisites</b> DAN-223
<b>Type of Course</b> Major Core	<b>Field</b> Dance Technique	<b>Language of Instruction</b> English
<b>Level of Course</b> 1 <sup>st</sup> Cycle	<b>Year of Study</b> 2 <sup>nd</sup>	<b>Lecturer(s)</b> Lia Haraki
<b>Mode of Delivery</b> Face-to-face	<b>Work Placement</b> N/A	<b>Co-requisites</b> DAN-214

### Objectives of the Course:

Based on release technique, and supplemented by information from other practices like Yoga and Limon technique, this course furthers the skills developed thus far in the study of contemporary dance technique. Focuses include the flow of energy through and out of the body allowing for different movement possibilities, qualities and efficiency. Special emphasis will be given approaching the body in motion as a psychophysical unity where the body and mind are united actively and expressively

### Learning Outcomes:

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

1. Apply technique as a series of exercises that help reveal several physical possibilities of the body-tool.
2. Identify the way the body functions in action and to work efficiently with it.
3. Define the self as a whole and find the connections between the different body parts in stillness and movement.
4. Practice changes in movement dynamics and qualities of actions.
5. Perform with clear musicality and rhythm.
6. Engage in different approaches to using the body (working from the bones, muscles, organs, mind).
7. Perform more complex movement sequences.

### Course Contents:

1. Warming up/Cooling down
2. Technique as a creative process – quality through expression
3. Strengthening the centre – releasing the joints
4. Finding connections of body parts – alignment
5. Moving from the centre and head-tail connection
6. Moving from the periphery-weight shifts and stability
7. The process of getting there – transitions

8. Movement qualities – moving from the bones, muscles, periphery
9. Movement qualities – the meaning in movement
10. Rhythm and musicality – achieving proficiency
11. Practice of body-mind unity in motion
12. Performance of more complex movement sequences

**Learning Activities and Teaching Methods:**

Studio

**Assessment Methods:**

In Class Participation and Performance, Written Self-Assessment, Practical Midterm Evaluation, Practical Final Examination

**Required Textbooks/Reading:**

<b>Authors</b>	<b>Title</b>	<b>Publisher</b>	<b>Year</b>
Cheney, Gay	<u>Basic Concepts in Modern Dance: A Creative Approach</u> , Third Edition	Princeton, NJ: Princeton Book Company	1989

**Recommended Textbooks/Reading:**

<b>Authors</b>	<b>Title</b>	<b>Publisher</b>	<b>Year</b>
Penrod, James and Plastino, Jane Gudde	<u>The Dancer Prepares: Modern Dance for Beginners</u>	Mountain View, CA: Mayfield Publishing Company	1998
Tufnell Miranda, Crickmay, Chris, and Vaughan, David	<u>Body Space Image: Notes Toward Improvisation and Performance</u> , 2 <sup>nd</sup> Edition	Hampshire, UK: Dance Books, Ltd	1993