



Course Code DAN-335	Course Title Ballet V	ECTS Credits 4
Department Music and Dance	Semester Fall	Prerequisites DAN-234
Type of Course Major Core	Field Dance Technique	Language of Instruction English
Level of Course 1 st Cycle	Year of Study 1 st	Lecturer(s) Christina Patsalidou
Mode of Delivery Face-to-face	Work Placement N/A	Co-requisites None

Objectives of the Course:

This class is an intermediate-advanced level technique class that focuses on detail of movements and phrases as well as the ability to reproduce a specific line or angle of the body with accuracy and expression. More intricate movement and rhythm patterns will be introduced. Special attention will be given to the mechanics of multiple turns.

Learning Outcomes:

After completion of the course students are expected to:

1. Demonstrate secure posture and correct weight placement while performing movements of increased complexity.
2. Identify and prioritize the muscle groups needed to perform each movement
3. Perform an increased range of movements with co-ordination of the whole body, well stretched legs and articulated footwork.
4. Manage a coordinated turning action with correct use of supporting leg and placement of working leg (i.e. double pirouettes).
5. Demonstrate mastery and consistency in performing the ballet vocabulary that is technically challenging while “freeing” the rest of the body and face for an ease of personal expression and performance.
6. Continue to perform with expression, musicality and personal interpretation of movement.

Course Contents: (new vocabulary introduced)

1. Grands ronds de jambe
2. Grands battements retire in center
3. Jete battu
4. Rotations and fouettes in center
5. Penchees in center

6. Pirouettes finishing in arabesque or attitude en l'air
7. Entrechat cinq, entrechat six
8. Assembles soutenus en tournant
9. Sissonne changee battue
10. Ballonnes en avant, en arriere, compose
11. Ballottes
12. Grand jete en tournant
13. Performance of longer, more complex sequence
14. Expression, musicality and personal interpretation of movement

Learning Activities and Teaching Methods:

Studio, supplemented by Visual Aids

Assessment Methods:

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

Required:

G.T.Y.F/Injury Form

Recommended Texts/Reading:

Authors	Title	Publisher	Year	ISBN
Rommett, Zena & Saqolla, Lisa Jo	<u>Zena Rommett: The art of floor-barre: Ballet Class on the floor: A conditioning program for Dancers, Athletes, the injured and the elderly</u>	Princeton, NJ: Princeton Book Company	2010	0871273195
The Royal Academy of Dance	<u>Progressions of Classical Ballet Technique</u>	London: The Royal Academy of Dance	2002	904386202