



Course Code DAN-380	Course Title Contact Improvisation	ECTS Credits 4
Department Music and Dance	Semester Spring	Prerequisites DAN-141
Type of Course Required	Field Dance Technique	Language of Instruction English
Level of Course 1 st Cycle	Year of Study 3 rd	Lecturer(s) Eleni Drogari
Mode of Delivery Face-to-face	Work Placement N/A	Co-requisites None

Objectives of the Course:

This course introduces the practical and philosophical basis of contact improvisation through step by step exercises, movement explorations, the connected practice of technical skills acquired with breath, and personal reflections. Individual techniques learned will be connected through longer improvisations to enable students to engage fully in the contact improvisation movement form. A brief socio-cultural history of contact improvisation will be covered.

Learning Outcomes:

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

1. Practice the basics of the contact improvisation form with awareness, sensitivity and presence.
2. Perform, build upon and connect all skills, techniques and approaches acquired.
3. Engage fully in contact improvisations in duets and trios.
4. Reflect on one's own and others' improvisations using kinaesthetic awareness and experience.

Course Contents:

1. Introduction to course and brief history of Contact Improvisation
2. Weight shifts and balance
3. Sharpening of peripheral vision and kinaesthetic and spatial awareness
4. Defining and following the point of contact
5. Head – tail flow and use to initiate movement
6. Counterbalance – giving and receiving weight
7. Individual and perpendicular rolling; “surfing” and “riding the saddle”
8. Lifts and “flying”
9. Aikido rolls and handstands
10. Breath, Spiraling and momentum
11. Intelligent risk-taking; leading through following
12. Maintaining the moment: Sharing the dance

Learning Activities and Teaching Methods:

Studio and Reflections

Assessment Methods:

In Class Participation and Performance, Journal, Practical Midterm Evaluation, Practical Final Examination
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Required Textbooks/Reading:

A journal notebook to be brought to each class
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Recommended Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Novack, Cynthia	<u>Sharing the Dance: Contact Improvisation and American Culture</u>	Madison, WI: University of Wisconsin Press	1990	029912444-4
Zimmer, Elizabeth and Quasha, Susan, eds.	<u>Body against Body: The Dance and Other Collaborations of Bill T. Jones and Arnie Zane</u>	Barrytown, NY: Station Hill Press	1989	0882680641