



Course Code DAN-417	Course Title Contemporary Dance VII, Technique 3 (Limon-Release)	ECTS Credits 2
Department Music and Dance	Semester Fall	Prerequisites DAN-316, DAN-326
Type of Course Required	Field Dance Technique	Language of Instruction English
Level of Course 1 st Cycle	Year of Study 4 th	Lecturer(s) Andromachi Dimitriadou- Lindhahl
Mode of Delivery Face-to-face	Work Placement N/A	Co-requisites DAN-427

Objectives of the Course:

The purpose of this course is to introduce to the Limon-Release technique, movement vocabulary, and style on an intermediate/advanced level through floor work, barre, center work, across the floor exercises and choreographic combinations. Special emphasis will be given to movement quality, musicality and performance expression.

Learning Outcomes:

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

1. Practice Release work on the floor, with special emphasis on moving from the center of the body in relationship to gravity and breathing.
2. Perform the basics of Limon technique with the use of the torso, center and limbs as it has been developed for the center and barre by Peter Goss.
3. Execute the basic set of exercises at barre: plies, tendues, glisses, fondu, ronds de jambes, frappe, grands battements, combined with the use of torso, bounces, tilts and weight shifts.
4. Apply the new vocabulary to combinations that travel across the floor, using breath, flow, gravity, dynamics, levels in space, and directions.
5. Perform expressively, incorporating rhythm, musicality, dynamics and a personal interpretation of the movement.

Course Contents:

1. Floor work, center of the body, vertical horizontal diagonal axis, spirals, rolling
2. Gravity, getting support, grounding, rooting galling, jumping, transfer the weight
3. Breathing, expanding/contracting, flow, feeling of empty and full, volume in movement
4. Connecting to space and directions, connecting to other, dancing and breathing together

5. Plasticity of the torso, circular movements of the torso, side drops, bounces, movements of the torso connected to feelings and dance expression.
6. Mobility of the pelvis, travelling in space, changing levels, grounding the body, creating a solid center for the movement
7. Flow of the limbs, softness of the joints, to take the weight on hands and draw clear lines in space
8. Axis and out of axis turns, falls, travelling movements that use tilts and unusual focus
9. Dynamics and musicality in choreography
10. Performance quality and personal expression

Learning Activities and Teaching Methods:

Studio

Assessment Methods:

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