



Course Code DAN-427	Course Title Contemporary Dance VII, Technique 4 (Release)	ECTS Credits 2
Department Music and Dance	Semester Fall	Prerequisites 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) Julia Brendle
Mode of Delivery Face-to-face	Work Placement N/A	Co-requisites DAN-417

Objectives of the Course:

Contemporary VII is a practical course based on Release technique, supplemented by information from other techniques such as Laban, Yoga and Pilates. The main focus is on combining floor and standing movement with efficiency and flow. More complex exercises on the floor that build upon on the material learned in Contemporary Dance VI will lead to combinations that merge horizontal and vertical positions of the body. Another main objective is to establish continuity of movement while implementing different movement qualities, dynamics and personal expression.

Learning Outcomes:

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

1. Efficiently move in to and out of the floor and through transitions.
2. Initiate movement (body part, quality and force) with precision and maintain flow through completion of the given movement.
3. Enlarge the awareness of connections in the body and in between movements, always using breath.
4. Coordinate movements across the floor in a faster tempo, taking risks.
5. Execute different movement qualities and distinguish between them.
6. Achieve diversity and security in switching between different dynamics
7. Perform with confidence and a personal approach to movement.

Course Contents:

1. Alignment exercises on the floor
2. Cross lateral exercise (floor and standing)
3. Combination of rolls from second position
4. Combination of rolls across the floor

5. Leg swings exercises on the floor
6. Leg swings combination
7. Over head roll versions 1 and reverse, 2
8. Going to the floor in different ways (out of tilts, turns, jumps)
9. Foot exercise with use of the back
10. Plies with upper body
11. Swing-combinations with spiral work
12. Rond de jambe combinations
13. Leg swings and grand battements
14. Travelling exercises: turns and jumps
15. Travelling exercises: getting up and down from the floor in different ways
16. Performing combinations and improvisations

Learning Activities and Teaching Methods:

Studio

Assessment Methods:

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