



Course syllabus

Course Code	Course Title	ECTS Credits
DANC-214	Contemporary Dance II, Technique 1	4
Prerequisites	Department	Semester
DANC-213	Music and Dance	Fall
Type of Course	Field	Language of Instruction
Required	Dance Technique	English
Level of Course	Lecturer(s)	Year of Study
1 st Cycle	Alexander Michael	2 nd
Mode of Delivery	Work Placement	Corequisites
Face to face	N/A	DANC-224

Course Objectives:

The main objectives of the course are to:

- Further build upon knowledge acquired in Levels I II and III.
- Travelling in all directions, change of direction, and increased level of jumps and leaps in combinations are area of focus.
- Special attention will be given to the theatricality and dramatic quality of the Graham technique and specific stylisation from choreographic works.

Learning Outcomes:

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

1. Perform more complex exercises within the Graham technique and sections from the repertory, as they appear in floor work, standing work and Graham choreography.
2. Practice contractions, release (neutral), and spirals in all positions, with special focus on standing work and traveling sequences.
3. Perform all sequences with full technical precision and clarity of movement.
4. Demonstrate strength, endurance and harmony in movement.
5. Perform longer movement sequences with expression and musicality, deeply embodying the Graham aesthetic.

Course Content:

1. Breathings, Contractions and Release
2. Spirals (Threes and Sixes)
3. Deep Stretches and Pleadings
4. Turns Around the Back
5. Front and Back Leg Extensions
6. Graham plies (with contractions and S arms)
7. Foot work with spirals and contractions
8. Arabesque Turns (with Contraction, on Heel)
9. Jumps in Second with Tilt
10. Bell and Butterfly Jumps
11. Repertory Segments
12. Performance: Movement Qualities, Expression, Musicality, Theatricality

Learning Activities and Teaching Methods:

Studio

Assessment Methods:

Attendance and In Class Performance, Practical Midterm Examination, Practical Final Examination

Recommended Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Onstage with Martha Graham	Hodes, Stuart	University Press of Florida; 1st edition	2021	0813066387