



## Course Syllabus

<b>Course Code</b>	<b>Course Title</b>	<b>ECTS Credits</b>
DANC-427	Advance Contemporary Dance II: Technique 1	4
<b>Prerequisites</b>	<b>Department</b>	<b>Semester</b>
DANC-417	Music and Dance	Fall
<b>Type of Course</b>	<b>Field</b>	<b>Language of Instruction</b>
Required	Dance	English
<b>Level of Course</b>	<b>Lecturer(s)</b>	<b>Year of Study</b>
1 <sup>st</sup> Cycle	Alexander Michael	4 <sup>th</sup>
<b>Mode of Delivery</b>	<b>Work Placement</b>	<b>Corequisites</b>
Face to face	N/A	DANC-417

### Course Objectives:

The main objectives of the course are to:

- 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 Content:**

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