



# UNIVERSITY OF NICOSIA ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

University of Nicosia, Cyprus

<b>Course Code</b> DANC-428	<b>Course Title</b> Contemporary Dance VIII (Release)	<b>ECTS Credits</b> 4
<b>Department</b> Music and Dance	<b>Semester</b> Spring	<b>Prerequisites</b> DANC-427
<b>Type of Course</b> Core	<b>Field</b> Contemporary Dance Technique	<b>Language of Instruction</b> English
<b>Level of Course</b> 1 <sup>st</sup> Cycle	<b>Year of Study</b> 4 <sup>th</sup>	<b>Lecturer</b> Julia Brendle
<b>Mode of Delivery</b> Face-to-face	<b>Work Placement</b> N/A	<b>Co-requisites</b> DANC-418

## Objectives of the Course:

This is a practical course based on Release technique, supplemented by information from other techniques such as Laban, Yoga and Pilates, and building upon the work done in Contemporary Dance VII. Areas of focus include gaining speed through letting go of muscular tension and developing movement patterns into more complex combinations with varying speeds and dynamics. The search for connections in the body and between movement to breath to broaden the range of dynamics will be intensified, as well as one's personal approach to movement through improvisation and movement research.

## Learning Outcomes:

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

1. Trust and implement the use of gravity while maintaining strength in center.
2. Utilize the flow of breath to expand and sustain movement.
3. Direct energy throughout the body to connect movement while maintaining precision.
4. Stabilize the basic body positions even in complicated combinations.
6. Release weight while maintaining strength.
7. Apply coordination and precision in difficult patterns.
8. Continue developing a personal approach to the execution of movement.

## Course Contents

1. Improvisational tasks to introduce new approaches
2. Alignment exercises on the floor
3. Cross lateral exercises (floor and standing)
4. Coordination exercises
5. Circular upper body exercise with connection to travelling
6. Combinations of rolls across the floor
7. Swings combinations including horizontal turns on the floor
8. Over head roll versions 1, 2 and 3
9. Foot exercises with use of the back
10. Plies with upper body and up side down
11. Travelling Rond de jambe combination with spiral work

12. Travelling exercises: turns, jumps, slides, falls
13. Travelling exercises: getting up and down from the floor in different ways
14. Performing complex 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