



UNIVERSITY OF NICOSIA

ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

University of Nicosia

Course Code DANC-132	Course Title Ballet II	ECTS Credits 6
Department Music and Dance	Semester Spring	Prerequisites DANC-131, placement
Type of Course Major Core	Field Dance Technique	Language of Instruction English
Level of Course 1 st Cycle	Year of Study 1 st	Lecturer(s) Julia Brendle
Mode of Delivery Face-to-face	Work Placement N/A	Co-requisites None

Objectives of the Course:

This course builds upon the basic principles of classical ballet technique learned in Ballet I, broadening practical knowledge and appreciation of ballet. Emphasis will be directed towards further developing both technical skills and aesthetic sensibilities. Exercises will become a bit more complex and new movement vocabulary will be introduced. Movement qualities, energies and rhythms will be more deeply explored.

Learning Outcomes:

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

1. Continue to execute proper alignment (including aplomb and balance).
2. Practice the basic positions of the feet and arms in good alignment.
3. Practice secure posture and weight placement especially during steps that require transfer of weight and during simple balances on one leg
4. Identify and practice new ballet vocabulary steps with the correct movement quality at the barre and centre.
5. Demonstrate proper line in arms/hand and legs/feet, at barre and while traveling in space.
6. Engage in ballet technique from a perspective of aesthetic awareness.
7. Further identify the specific demands of ballet technique and set goals for individual progress.

Course Contents:

1. Review of the elements of correct body alignment for barre and centre
2. Review of the basic vocabulary steps of ballet barre
3. Introduction of the following new vocabulary steps at the barre increasing the stability and security on one leg:
 - a) rondes de jambe en l`air
 - b) fouetté à terre,

- c) relevés passés devant and derrière
- 4. Floor barre sequences building understanding, strength and flexibility for *en dehors* and *en dedans* as well as the correct body placement.
- 5. Centre Exercises demanding coordination of legs, arms and head, with the introduction of the following vocabulary:
 - a) pas soutenu,
 - b) chainée turns,
 - c) piqué turns,
 - d) single pirouette (en dehors and en dedans)
- 6. Exercises increasing strength and flexibility, such as arabesque lines en l'air, coupés, echappé relevé
- 7. Centre Practice for quicker footwork, such as pas de bourré, chassé passé, glissade
- 8. Petits Allegros to increase strength of legs and: royal, petit jeté, assemblé, echappé to 4th
- 9. Execution of more complex traveling combinations to further develop spatial awareness
- 10. Execution of longer combinations at the barre and centre to further develop musicality and rhythmic skills and performance skills

Learning Activities and Teaching Methods:

Studio, supplemented by Visual Aids and Terminology Handouts

Assessment Methods:

In Class Participation and Performance, Practical Midterm Evaluation, Written Ballet Terminology Quizzes (2), Practical Final Examination

Required Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Warren, Gretchen	<u>Classical Ballet Technique</u>	Gainesville, FL: University Press of Florida	1990	0813009456

G.T.Y.F/Injury Form Required

Recommended Textbook/Reading:

Authors	Title	Publisher	Year	ISBN
Grant, Gail	<u>The Technical Manual and Dictionary of Classical Ballet Technique</u>	New York: Dover Publications	1982	0486218430
Vaganova, Agrippina	<u>Basic Principles of Classical Ballet</u>	New York: Dover Publications	1969	0486220362