



# UNIVERSITY OF NICOSIA

## ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

### DAN-213 Contemporary Dance III, Technique 1 (Graham)

<b>Course Code</b> DAN-213	<b>Course Title</b> Contemporary Dance III, Technique 1 (Graham)	<b>ECTS Credits</b> 2
<b>Department</b> Music and Dance	<b>Semester</b> Fall	<b>Prerequisites</b> DAN-112
<b>Type of Course</b> Major Core	<b>Field</b> Dance Technique	<b>Language of Instruction</b> English
<b>Level of Course</b> 1 <sup>st</sup> Cycle	<b>Year of Study</b> 2 <sup>nd</sup>	<b>Lecturer(s)</b> Alexander Michael
<b>Mode of Delivery</b> Face-to-face	<b>Work Placement</b> N/A	<b>Co-requisites</b> DAN-223

#### Objectives of the Course:

The purpose of this course is to further develop to the principles of the Martha Graham technique, building on the skills and experience acquired in Levels I and II. Special attention will be given to the embodiment of aesthetic and movement qualities within the technique. Other main objectives are travelling in all directions, jumps and leaps, and more challenging movement sequences.

#### Learning Outcomes:

After the 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. Demonstrate technical precision and clarity of movement.
4. Begin to demonstrate a keen sense of musicality and rhythmic.
5. Demonstrate basic expression and theatricality in performance, founded on an aesthetic understanding of the technique.

#### Course Contents:

1. Breathings, Contractions and Release
2. Spirals (Threes and Sixes)
3. Deep Stretches and Pleadings
4. Turns Around the Back
5. Back Leg Extensions
6. Graham Plies (with contractions and S arms)
7. Foot work with Spirals and Contractions

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| 8. Side Contractions and Fan Kicks<br>9. Split Falls<br>10. Rond de Jambe in to Leg Extension<br>11. Traveling – Triplets and Prances<br>12. Musicality and Aesthetic Awareness<br>13. More Complex Movement Sequences |
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**Learning Activities and Teaching Methods:**

Studio
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**Assessment Methods:**

In Class Participation and Performance, Journal, Practical Midterm Examination, Practical Final Examination
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**Recommended Textbooks/Reading:**

Authors	Title	Publisher	Year	ISBN
Horosko, Marian	<u>Martha Graham: The Evolution of Her Dance Theory and Training</u>	Gainesville, FL: University Press of Florida	1991	0813024730