



UNIVERSITY OF NICOSIA

ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

DAN-214 Contemporary Dance IV, Technique 1 (Graham)

Course Code DAN-214	Course Title Contemporary Dance IV, Technique 1 (Graham)	ECTS Credits 2
Department Music and Dance	Semester Spring	Prerequisites DAN-213
Type of Course Major Core	Field Dance Technique	Language of Instruction English
Level of Course 1 st Cycle	Year of Study 2 nd	Lecturer(s) Alexander Michael
Mode of Delivery Face-to-face	Work Placement N/A	Co-requisites None

Objectives of the Course:

The purpose of this course is 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 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. 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 Contents:

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

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| 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 |
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Learning Activities and Teaching Methods:

Studio

Assessment Methods:

In Class Participation and Performance, Journal, Practical Midterm Examination, Practical Final Examination

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