



UNIVERSITY OF NICOSIA

ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

DAN-223 Contemporary Dance III

Course Code DAN-223	Course Title Contemporary Dance III Technique 3 (Release)	ECTS Credits 2
Department Music and Dance	Semester Fall	Prerequisites DAN-122
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) Lia Haraki
Mode of Delivery Face-to-face	Work Placement N/A	Co-requisites DAN-213

Objectives of the Course:

This course focuses on further developing the basic principles of Release-based contemporary dance technique. Main objectives are achieving stability, alignment and technical precision, as well as utilizing the flow of energy through and out of the body to allow for efficiency of movement and expression of qualities.

Learning Outcomes:

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

1. Demonstrate technical skills with an aesthetic appreciation of the technique.
2. Demonstrate personal physical choices within set exercises.
3. Define and reflect upon movement choices and execution them in terms of quality, rhythm and movement analysis.
4. Perform exercises and sequences with efficiency of movement and expression of basic movement qualities.

Course Contents:

1. Warming up/Cooling down
2. Inner impulses – improvisation as technique
3. Strengthening the centre – releasing the joints
4. Finding connections of body parts – alignment
5. Moving from the centre-direction
6. Moving from the periphery-weight shifts
7. The process of getting there – transitions
8. Movement qualities – moving from the bones
9. Movement qualities – moving from muscles
10. Exploring rhythm

11. Personal choices – creativity within technique
 12. Movement Sequences

Learning Activities and Teaching Methods:

Studio

Assessment Methods:

In Class Participation and Performance, Written Self-Assessment, Practical Midterm Evaluation, Practical Final Examination

Required Textbooks/Reading:

Authors	Title	Publisher	Year
Cheney, Gay	<u>Basic Concepts in Modern Dance: A Creative Approach</u> , Third Edition	Princeton, NJ: Princeton Book Company	1989

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Authors	Title	Publisher	Year
Penrod, James and Plastino, Jane Gudde	<u>The Dancer Prepares: Modern Dance for Beginners</u>	Mountain View, CA: Mayfield Publishing Company	1998
Tufnell Miranda, Crickmay, Chris, and Vaughan, David	<u>Body Space Image: Notes Toward Improvisation and Performance</u> , 2 nd Edition	Hampshire, UK: Dance Books, Ltd.	1993