



DAN-233 Ballet III

<b>Course Code</b> DAN-233	<b>Course Title</b> Ballet III	<b>ECTS Credits</b> 4
<b>Department</b> Music and Dance	<b>Semester</b> Fall	<b>Prerequisites</b> DAN-132
<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</b> Christina Patsalidou
<b>Mode of Delivery</b> Face-to-face	<b>Work Placement</b> N/A	<b>Co-requisites</b> None

**Objectives of the Course:**

This is a beginning intermediate level practical course, and a continuation of Ballet II. New vocabulary will be introduced and focus will be directed toward the correct execution of more complicated sequences at the barre and centre both technically and stylistically. A main focus will be allegro and preparatory sequences for later pointe work. Special attention will be given to the performance quality of each movement.

**Learning Outcomes:**

- After the completion of the course students are expected to be able to:
1. Identify and practice new ballet vocabulary with the correct movement quality and technical principles.
  2. Practice secure posture and weight placement while demonstrating balance and suspension in center
  3. Practice secure stretched leg extensions and pointed feet.
  4. Demonstrate suspension with controlled landings, pointed feet and correct alignment.
  5. Demonstrate a coordinated turning action with correct use of supporting leg and placement of working leg.
  6. Perform with basic expression, interpretation and communication.
  7. Perform with more awareness of the rhythms and textures of their musical accompaniment
  8. Continue to identify the specific technical and aesthetic elements of ballet technique and set goals for individual progress, expressed in self-evaluation.

**Course Contents:**

New vocabulary steps introduced at the barre:

1. double ronds-de-jambe en l'air
2. fouette en l'air

<ul style="list-style-type: none"> <li>3. pas de cheval</li> <li>4. demi grand rond de jambe and full grand rond de jambe</li> </ul> <p><u>New vocabulary steps introduced in center:</u></p> <ul style="list-style-type: none"> <li>5. adage sequences incorporating balances on one leg, in arabesques and attitudes</li> <li>6. petit allegro sequences that include the new steps: echappe saute battus</li> <li>7. allegro sequences that include: <ul style="list-style-type: none"> <li>a) jete ordinaries devant and derriere</li> <li>b) sissonnes ordinaries devant and derriere</li> <li>c) echappe releves to 4<sup>th</sup></li> <li>d) sissonnes ordinaries de cote</li> <li>e) assemble soutenu en tournant</li> </ul> </li> <li>8. mechanics of single/double pirouettes endehor and endedans from 5<sup>th</sup> and 4<sup>th</sup></li> <li>9. grand allegro sequences that include: grand jete, pas de basque</li> <li>10. Musicality and Rhythm</li> <li>11. Qualities and Dynamics</li> <li>12. Basic Expression in Performance</li> </ul>
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**Learning Activities and Teaching Methods:**

Studio, supplemented by Visual Aids and Terminology Handouts
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**Assessment Methods:**

In Class Participation and Performance, Practical Midterm Evaluation, Written Self-Evaluation, Practical Final Examination
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**Required:**

G.T.Y.F/Injury Form
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**Recommended Texts/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
Rommett, Zena & Saqolla, Lisa Jo	<u>Zena Rommett: The art of floor-barre: Ballet Class on the floor: A conditioning program for Dancers, Athletes, the injured and the elderly</u>	Princeton, NJ: Princeton Books	2010	0871273195
Vaganova, Agrippina	<u>Basic Principles of Classical Ballet</u>	New York: Dover Publications	1969	0486220362