



UNIVERSITY OF NICOSIA ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

DAN-325 Contemporary Dance V, Technique 4 (Release)

Course Code DAN-325	Course Title Contemporary Dance V, Technique 4 (Release)	ECTS Credits 2
Department Music and Dance	Semester Fall	Prerequisites Dan-224
Type of Course Major Core	Field Dance Technique	Language of Instruction English
Level of Course 1 st Cycle	Year of Study 3 rd	Lecturer Julia Brendle
Mode of Delivery Face-to-face	Work Placement N/A	Co-requisites DAN-315

Objectives of the Course:

This course focuses on Release-based technique and includes information from other techniques such as Limon, Laban, Yoga and Pilates. The course gradually builds from exercises that establish one's center in horizontal position, leading to more complex combinations standing and across the floor. Additional emphasis will be placed on smooth level changes, developing a stronger awareness of the differentiation of movement qualities, and maintaining alignment in motion.

Learning Outcomes:

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

1. Give weight and find support from the floor, using the floor.
2. Locate and strengthen the center of the body in the horizontal.
3. Practice correct body alignment (vertical and horizontal).
4. Utilize the head – coccyx connection in stillness and motion.
5. Incorporate breath in order to achieve suspensions in the movements.
6. Perform movement sequences more efficiently.
7. Engage in movement using spatial awareness and precise directions.
8. Perform complex movement sequences that include various/contrasting movement qualities and dynamics.

Course Contents:

1. Alignment exercises on the floor
2. Cross lateral exercises (floor and standing)
3. Coordination exercises
4. Simple rolls across the floor (starting on all fours)
5. Introduction to rolls from second position
6. Stabilizing the connection between coccyx/sit bones and top of head/ fingers

7. Upper body swings and circles (sitting position)
8. Leg swings on the floor
9. Leg swings standing
10. Over head roll basic (version 1)
11. Foot exercise with use of the back
12. Plies with upper body
13. Swing-combinations
14. Rond de jambe combinations
15. Travelling exercises: turns, jumps levels
16. Movement Sequences

Learning Activities and Teaching Methods:

Studio

Assessment:

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