



DAN-326 Contemporary Dance VI (Release)

<b>Course Code</b> DAN-326	<b>Course Title</b> Contemporary Dance VI, Technique 4 (Release)	<b>Credits/ECTS</b> 2
<b>Department</b> Music and Dance	<b>Semester</b> Spring	<b>Prerequisites</b> DAN-325
<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> 3 <sup>rd</sup>	<b>Lecturer</b> Julia Brendle
<b>Mode of Delivery</b> Face-to-face	<b>Work placement</b> N/A	<b>Co-requisites</b> None

**Objectives of the Course:**

Contemporary Dance VI, a continuation of Contemporary Dance V, is based on Release technique and includes information from other techniques such as Limon, Laban, Yoga and Pilates. The course will focus on moving with efficiency on the floor. Main topics include finding center in horizontal position, more complex combinations on the floor and standing up, and finding connections in the body to achieve flow in movement. Special attention will be given to transforming energy and flow into the next movement, while 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. Utilize the strength of the center of the body in the horizontal position, revising body Alignment.
3. Incorporate the breath in movement .
4. Analyze connections in the body in order to get into a flowing quality of movement without being imprecise.
5. Perform using the entire dance space the space, expanding their kinesphere.
6. Predict how much energy and muscle action is needed/not needed.
7. Apply different movement qualities and distinguishing between them.
8. Demonstrate three dimensional quality in complex movement sequences.

**Course Contents:**

1. Alignment exercises on the floor
2. Cross lateral exercise (floor and standing)
3. Coordination exercise
4. Simple rolls across the floor
5. Combination of rolls across the floor
6. Leg swings exercise on the floor
7. Leg swings combination
8. Over head rolls (versions 1 and 2)
9. Foot exercise with use of the back
10. Plies with upper body

11. Swing-combinations
12. Rond de jambe combination with spiral work
13. Travelling exercises: turns
14. Travelling exercises: jumps
15. Travelling exercises: getting up and down from the floor in different ways
16. Combinations/Movement Sequences

**Learning Activities and Teaching Methods:**

Studio

**Assessment Methods:**

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