



# UNIVERSITY OF NICOSIA

## ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

### DAN-418 Contemporary Dance VIII, Technique 3 (Graham)

<b>Course Code</b> DAN-418	<b>Course Title</b> Contemporary Dance VIII, Technique 3 (Graham)	<b>ECTS Credits</b> 2
<b>Department</b> Music and Dance	<b>Semester</b> Spring	<b>Prerequisites</b> DAN-417, DAN-427
<b>Type of Course</b> Required	<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> 4 <sup>th</sup>	<b>Lecturer(s)</b> Alexander Michael
<b>Mode of Delivery</b> Face-to-face	<b>Work Placement</b> N/A	<b>Co-requisites</b> DAN-428

#### Objectives of the Course:

The purpose of this course is to practice and perform the technical and aesthetic principles of the Martha Graham technique on an advanced level, building on knowledge acquired in previous levels. Focus will move away from the floor to standing, with an emphasis on technical proficiency, performance quality, and dramatic expression.

#### Learning Outcomes:

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

1. Demonstrate intermediate to advanced exercises within the Graham vocabulary technique and sections from the repertory, focusing on standing work, across the floor combinations and Graham-based choreography.
2. Execute contractions, release (neutral), and spirals in all positions and incorporate them fully and expressively into floor work and standing.
3. Perform the following movements with precision, embodying the Graham aesthetic:
  - a. bounces, breathing, back extensions, back falls,
  - b. back contractions
  - c. knee bourrees, falls, bison jumps
  - d. Graham-based combinations and repertory

#### Course Contents:

1. Breathings, Contractions and Release
2. Turns Around the Back
3. Front and Back Extensions with Pretzels
4. Back Falls
5. Back Contractions

6. Traveling Falls
7. Hinges
8. Knee Bourrees
9. Knee Vibrations
10. Bison Jumps
11. Diagonal Combinations from the Graham Repertory
12. Complex Graham-based Choreography

**Learning Activities and Teaching Methods:**

Studio

**Assessment Methods:**

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

**Recommended Textbooks/Reading:**

<b>Authors</b>	<b>Title</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
Horosko, Marian	<u>Martha Graham: The Evolution of her Dance Theory and Training</u>	Gainesville, FL: University Press of Florida	1991	0813024730