



Course syllabus

Course Code	Course Title	ECTS Credits
DANC-427	Advanced Contemporary Dance II, Technique 1	4
Prerequisites	Department	Semester
DANC-326	Music and Dance	Fall
Type of Course	Field	Language of Instruction
Required	Contemporary Dance	English
Level of Course	Lecturer(s)	Year of Study
1 st Cycle	J. Brendle/P.Tofi/A.Marcoulides	4 th
Mode of Delivery	Work Placement	Corequisites
Face-to-face	N/A	DANC-417

Course Objectives:

The main objectives of the course are to:

- to advance the students training in vigorous, technically demanding movement explorations rooted in release technique and enhanced by somatic practices.
- supplement students' technical training with structured improvisation as a means for the students to develop their individual expression
- investigate use of imagery and visualisation to produce and awaken new kinesthetic experiences and physical awareness
- explore body mind awareness and the mind-body connection to create a mentally aware movement in the muscles and joints

Learning Outcomes:

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

1. Perform advanced release contemporary dance vocabulary and movement sequences
2. To apply their understanding of somatic practices to their practice of release dance technique.
3. Utilise imagery in the performance of release dance technique
4. Perform movement through its relationship to physical laws
5. Perform given material and improvise utilising release technique

Course Content:

1. Constructive resting position and alignment
2. Dynamic experience/process of uncovering
3. Kinetic awareness
4. Economy and efficiency
5. Sustainable breath and energy
6. Minimizing tension in movement
7. Dynamic stillness
8. Surrendering to the movement
9. Spontaneity and Suppleness
10. Imagery and visualization as vehicle for transformation
11. Following impulses
12. Fearlessness

Learning Activities and Teaching Methods:

Studio based movement workshops

Assessment Methods:

In Class Participation and Performance, Practical Midterm Evaluation, Practical Final Examination

Recommended Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Dynamic Alignment through Imagery.	Franklin, E.	Human Kinetics.	2012	978-0736067898
The Essential Guide to Contemporary Dance Techniques	Clarke, M.	Crowood Press	2020	978-1785006999