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DAN 200A.01: Modern Dance Technique II

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DAN 200 Modern Dance Technique II
M/W/F 2:10-3:30PM PARTV 005

Autumn 2005
University of Montana
Department of Drama/Dance
Office Hours: Call/email for appointment

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Sara Pfeife
Guest Dance Instructor August 31 – October 14, 2005
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Course Description

A modern dance class designed to lead advanced-beginning movers through a series of exercises and movement combinations that continue introducing modern dance vocabulary, and that are technically (alignment, strength, flexibility) and intellectually stimulating. This course further proposes to unite one's body, mind and creative energy through such movement sequences.

Objectives

1. To continue the introduction of modern dance techniques, philosophies, approaches and styles in a safe and challenging environment.
2. To provide an outlet in which students are encouraged to continue developing their technical, kinesthetic, intellectual and creative capacities in movement.
3. To guide students to move in new, unfamiliar and unexpected ways.
4. To develop individual and group performance and improvisational skills relative to an advanced-beginning technical level.
5. To promote an appreciation, if not love, for dance as an art form and educational tool.

Course Content

I. Introduction

- A. Description of course
- B. Expectations (Attendance and Grading Policy)
- C. Daily structure of course
- D. Evaluation and Critique (Attendance and Grading Policy)

II. The Technical Aspects

- A. Kinesthetic awareness
- B. Efficiency of skeleton, joints, muscles
- C. Alignment, Line
- D. Spine Articulation: Upper, Middle and Low back curve
- E. Safe use of rotation from the thigh socket
- F. Safe execution of grand plie in parallel, 1st and 2nd positions
- G. Ability to execute simple turns with the spotting technique
- H. On-Balance/Off-Balance/Right-Side-Up/Upside-Down: Release to floor with ease
- I. Control/Release (Spinal curve: held shape/ Sagittal swing: upper body release)
- J. Strength, Endurance, Flexibility
- K. Breath, Ease through movement

III. The Expressive, Creative Aspects

- A. Body and Space
 - a. Level
 - b. Direction/Dimension/Plane
 - c. Shape/Line
 - d. Symmetry/Asymmetry
 - e. Kinesphere
 - f. Personal Space/Shared Space
 - f. Positive/Negative Space
 - g. Focus in body and space
 - h. Body Part Isolation
 - i. Spatial awareness & intent
 - j. Active Space
 - k. Relationships

- B. Time
 - a. Momentum/Duration
 - b. Stillness
 - c. Tempo
 - d. Meter/Accent
 - e. Regular/Irregular Beats
 - f. Rhythm
- C. Energy/Movement Qualities/Force
 - a. Active/Passive
 - b. Weight/Weight Sensing
 - c. Direct/Indirect
 - d. Percussive/Sustained
 - e. Phrasing
 - f. Strong/Aggressive/Gentle/Soft
- D. Improvisation Tools
 - a. Spontaneous, appropriate movement choices
 - b. Initiate new pathways, connections
 - c. Solo and group structures
 - d. Contact/partnering (coming together, separating)

IV. The “Performer” Aspects

- A. Style
 - a. Shaping movement in a variety of ways
 - b. Indicating intent, motivation
- B. Articulation, Clarity
 - a. Demonstrate ability to learn and translate longer and more complex movement sequences
 - b. Demonstrate ability to pick up movement at a quicker pace
- C. Bringing life to space
 - a. Creating an energy, mood or environment through movement
 - b. Relationship between dancers
 - c. Relationship between dancer and viewer
 - d. Ability to locomote through space with confidence
 - e. Demonstrate ability to bring focus to face and body

V. Growth and Development

- A. Constructively receiving and applying feedback/corrections
- B. Appropriate risk taking and self-motivation
- C. Capability of dancing holistically: mind, body, creative energy and spirit equally invested and involved
- D. Begin the development of a professional attitude within the dance environment

Attire

Street shoes are not permitted in the dance studios. Movement will be experienced with bare feet. Students should plan to wear clothing suitable for movement and should take into account keeping the body warm for the beginning and end of class (sweat pants, t-shirts, leotards, stretch pants, baggy pants). Remove jewelry and tie long hair back. *No chewing gum in the dance studio!*

To rent a locker: See Dance Administrative Assistant PARTV 199

Tardiness

Class begins promptly at 2:10 PM. Students arriving 10 minutes late will not be permitted to take class (for safety purposes), and will instead observe and take notes. Two observations equal one absence. Class will run until 3:30PM. You are expected to be present and active until the class closes. If you need to leave early, please speak to the instructor before class begins. Consistent early departure will lower your grade.

Injury

Please notify the instructor of any injury (current or past) that may affect your full performance in class.

Attendance and Grading Policy

See policy handout.

Performance Attendance & Written Critique

See policy handout and writing guidelines distributed throughout the semester.

Self-Assessment Writings

Throughout the course of the semester, you will be asked to reflect upon and assess your growth in this class. At any point you feel further discussion would aid your development, please schedule a meeting with the instructor.