

## Dance Department Course Offerings

### **Modern 1**

Modern 1 is the first part of a five-part series teaching the physical, historical and cultural elements of modern dance. Students will focus on developing a basic vocabulary of dance terms and how it operates in space, time and energy. The idea of “modern” dance will be introduced, and students will be able to articulate its characteristics both physically and verbally, as well as identify major early influences. Students will work to gain confidence in their movement, taking risks and making choices. Proper alignment and use of correct musculature will be stressed, and special focus be paid to experiential anatomy, momentum and phrasing.

### **Modern 2**

Modern 2 is the second part of a five-part series teaching the physical, historical and cultural elements of modern dance. Students will focus on gaining a deeper understanding of the specifics of space, time and energy while delving into a new level of vocabulary in order to create a more articulate dancer. Special focus will be paid to alignment and how to access and control power emanating from one’s core. Improvisation will be introduced to elevate the student’s use of choice in his/her dancing.

### **Modern 3**

Modern 3 is the 3<sup>rd</sup> part of a six-part series of classes teaching the physical, historical, and cultural elements of modern dance. Students will gain a deeper understanding of the principle dance elements (space, time, and energy) while delving into a new level of vocabulary in order to create a more articulate, accomplished dancer. Special focus will be paid to momentum, phrasing, extension, floor work, power, and experiential anatomy, and choreographic structures will be studied and used in a creative context. Students will be introduced to partnering and contact improvisation skills, and they will deepen their studies of dance improvisation in general. In all aspects of class, proper alignment and use of correct musculature will be stressed.

### **Modern 4**

Modern 4 is the fourth part of a six-part series teaching the physical, historical and cultural elements of modern dance. Students will focus on using the specifics of space, time and energy to create focus and intent in their dancing and creative work, while working to polish existing vocabulary in order to create an articulate, accomplished and technically sound dancer. Partnering will be studied intensively, paving the way for safe and dynamic skills in the future.

### **Modern 5**

Modern 5 is the fifth part of a six-part series teaching the physical elements of modern dance. Students will review and continue to improve physical understanding of intention, alignment and gravity while committing to an even higher level of physicality in her/his dancing.

Students will focus on using the specifics of space, time and energy to create focus and intent in their dancing and creative work, while working to polish existing vocabulary in order to create an articulate, accomplished and technically sound dancer. Foundational partnering will be studied, paving the way for safe and dynamic partnering skills in the future. Special focus will be paid to the development of phrasing and personal voice in dancing.

### **Modern 6**

Modern 6 is the sixth part of a five-part series teaching the physical, historical and cultural elements of modern dance. Students will explore the specifics of space, time and energy, while working to polish existing vocabulary in order to create an articulate, accomplished and technically sound dancer. Working within a broad range of movement qualities, with anatomical awareness and articulation, students will find a specificity, versatility, and ease in their dancing. This course focuses on choice making with intention, students' individual styles as compelling and magnetic performers, and technique as a tool for communication.

### **Ballet 1**

This class will introduce the foundations of classical ballet through simple exercises and combinations. Special emphasis will be placed on posture, developing appropriate turnout, and improving strength and flexibility in the core muscles, legs and feet. Students will be introduced to basic jumps, turns and dancing steps such as waltz, gallop and polka. Musicality, spatial awareness and presentation is encouraged and integrated into all studio work. Students begin their study of ballet vocabulary, music fundamentals and anatomy. This class is suitable for non-dancers, beginners or dancers wanting to refine their technique.

### **Ballet 2**

Ballet 2 students will review work of the proceeding level with the addition of new steps and concepts. The barre and center exercises will be extended in length and complexity, giving the students the opportunity to expand their cognitive processes. Development of strength in the legs and feet is emphasized with work at the barre taken to the demi-pointe and raising the leg from 45 degrees towards 90 degrees. Students will begin to understand the coordination between the movements. Turning movements are increased in difficulty. Jumps on one leg are added to the allegro work and simple beats added to existing jumps. Movement is expanded and artistic phrasing is introduced. Students continue their study in ballet vocabulary, performance critique as well as anatomy and physiology.

### **Ballet 3**

Ballet 3 continues to build on the technical steps and concepts presented in previous levels. Students will demonstrate more consistent abilities in such areas as maintaining posture and turnout while dancing, as well as fully articulating the feet and legs. Development of a wider range of movement qualities, with corresponding ease and artistry in the upper body, is emphasized. Center work, including adage, pirouettes, batterie and grand allegro enchainements will make up a greater proportion of the class material. Male dancers will develop additional strength for jumps, beats and tours en l'aire. Students continue their study in ballet vocabulary, musical rhythms, and anatomy and performance critique.

#### **Ballet 4**

Ballet 4 continues to build on the technical steps and concepts presented in previous levels. Students will demonstrate more consistent abilities in such areas as maintaining posture and turnout while dancing, as well as fully articulating the feet and legs. Development of a wider range of movement qualities, with corresponding ease and artistry in the upper body, is emphasized. Center work, including adage, pirouettes, batterie and grand allegro enchainements will make up a greater proportion of the class material. Male dancers develop additional strength for jumps, beats and tours en l'air. Students continue their study in ballet vocabulary, musical rhythms, anatomy and performance critique.

#### **Ballet 5**

This course will consist of ballet class, with a strong focus this semester on the use of imagery and how it can benefit the growth of your technique and performance as individual artists. We will use examples of imagery to explore ballet movement through space, and learn to readily use visualizations to move more openly and freely in ballet technique.

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#### **Jazz 1**

This class begins an exploration of classic jazz dance, rooted in vernacular (social dance) forms, and inspired by a wide range of music including jazz, swing, blues, soul and funk. Class structure starts with a warm-up to develop strength, flexibility, correct alignment and ease of movement, followed by patterns across the floor, and culminates in extended sequences and movement combinations. The movement vocabulary explores a range of styles that includes an introduction to jumps and leaps, with a focus on jazz elements such as isolation, swing, pulse and rhythmic variations. The class will introduce concepts of spatial awareness, style, dynamics, and musicality.

#### **Jazz 2**

This class begins an exploration of classic jazz dance, rooted in vernacular (social dance) forms, and inspired by a wide range of music including jazz, swing, blues, soul and funk. Class structure starts with a warm-up to develop strength, flexibility, correct alignment and ease of movement, followed by patterns across the floor, and culminates in extended sequences and movement combinations. The movement vocabulary explores a range of styles that includes an introduction to jumps and leaps, with a focus on jazz elements such as isolation, swing, pulse and rhythmic variations. The class will introduce concepts of spatial awareness, style, dynamics, and musicality. An informal showing of combinations will take place at the end of the semester in the classroom for other students and available faculty.

#### **Jazz 3**

This class continues the exploration of classic jazz dance rooted in vernacular (social dance) forms, and inspired by a wide range of music including jazz, swing, blues, soul and funk.

Class starts with a more rigorous warm-up to develop strength, flexibility, correct alignment and ease of movement. Rhythmic improvisation and isolation will be explored in the center as well as more complex patterns, sequences and movement combinations. The movement vocabulary explores a range of styles that will include floorwork (hinges, knee slides, rolls, spins and splits), extension, suspension, jumps and leaps. Focus will be placed on jazz elements such as isolation, swing, pulse and rhythmic variations. This class will expand on concepts of spatial awareness and improvisation, as well as performance qualities of consistency, clarity, style, power, and nuance, with a goal of developing dancers who are expressive, musical and passionate. Informal showings will take place at the end of the semester.

#### **Jazz 4**

This class begins an exploration of classic jazz dance, rooted in vernacular (social dance) forms, and inspired by a wide range of music including jazz, swing, blues, soul and funk. Class structure starts with a warm-up to develop strength, flexibility, correct alignment and ease of movement, followed by patterns across the floor, and culminates in extended sequences and movement combinations. The movement vocabulary explores a range of styles that includes an introduction to jumps and leaps, with a focus on jazz elements such as isolation, swing, pulse and rhythmic variations. The class will introduce concepts of spatial awareness, style, dynamics, and musicality.

#### **Hip Hop 1**

This course will explore the original forms of hip-hop dance and how they have influenced current hip-hop dance styles. Students will learn top rockin', breakin', poppin', and lockin' in addition to working on their personal style development through freestyle dance. The course will also examine hip-hop culture as a whole to give students a better understanding of its history and impact worldwide. Students will learn choreography, freestyle, and develop their own choreography.

#### **Hip Hop 2**

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## **Dance Studies:**

### **Dance History**

This course is a brief survey of dance history from the birth of ballet through the present. Students will work to develop an understanding of the social, cultural and aesthetic reasons for the evolution of dance as an art form and theorize what might be next for this genre in this age and the next.

### **Dance Writing**

“The Language of Dance” section of Dance Studies guides students in seeing, speaking, and writing about dance. Students will develop a rich and articulate vocabulary for describing movement and apply this vocabulary to describing, analyzing, and interpreting performance. Students will begin to cultivate a personal aesthetic and differentiate between aesthetic judgment and scholarly analysis. We will consider dances in their cultural context, learn to compare and contrast dances from different eras and genres, and examine the cultural implications of *how* we speak about dance. This course prepares dancers for the range of informal and formal writing assignments required in their SPCPA Dance technique classes. Through extensive in class exercises students will gain comfort with the technical writing process. “The Language of Dance” approaches writing as a learning tool to deepen each dancer’s understanding of technique and creative expression and as a creative act similar to choreographing.

### **Dance Composition**

In this course, students will create work and expand their potential as choreographers through their use of individual movement investigation and compositional forms. Presented with an array of choreographic problems to solve, they will not only experiment with their compositional tool kit, but they will invent their own systems of rules for their work. Students will develop their abilities to understand and effectively analyze the creative work of their fellow classmates through discussion and feedback. This course explores the creative process as it applies to dance making, and encourages participants to cultivate their own artistic voice and individual aesthetics.

## **World Dance:**

### **African Based Movement-Spring**

This class encompasses numerous styles of African based movement including the following styles: West African, Afro Caribbean, Latin social dances, jazz, and Hip Hop. There will be discussions and research on the correlation to these styles of dance and music. The class will begin by learning a warm up on the floor focusing on becoming rooted and centered. This is followed by a series of exercises standing at center to further warm up the muscles and challenge more technical aspects of dance. The class progresses into locomotive steps across the floor, which emphasizes the use of gravity, weight shifts, and inertia. Lastly, the class will learn a phrase combining the aspects from the earlier part of class to challenge memorization, muscle memory, and repetition. If time permits, there will be a brief cool down consisting of deep breathing and stretching.

### **African Based Movement-Fall**

Afro-Modern Dance will explore elements of modern dance with a movement style heavily influenced by a reverence and respect for traditional and cultural dance forms and dances of the African diaspora. Focus will be on rhythmic and poly-rhythmic movement as well as the use of weight, time, space and energy. Proper alignment, placement and control will be emphasized for the safety and health of the dancing body.

### **Tap**

Tap offers students an opportunity to delve into dance as a physical and musical art form. The class will focus on technique, form and musicality, as well as the historical and cultural aspects of the Tap Dance form. Additionally, students will be encouraged to develop their own personal style and voice through improvisation and composition exercises.

### **Pilates**

This course will develop the student's understanding of the Pilates technique, as well as understand how it benefits the artist in their dance training. We will learn the essential matwork series from the STOTT Pilates repertoire, knowing the work fully by the end of the course so as to do Pilates exercises accurately and safely on your own time for your own training.

## **Repertory 1**

Repertory offers freshperson and sophomore dancers the opportunity to work in a professional rehearsal environment and culminates in a public performance. Repertory dancers will work with guest artists, resident staff and each other to develop a stylistically diverse repertoire. Repertory curriculum will consider the larger cultural role of performance and the power and obligations of being a performing artist. Participation in Repertory is by invitation only. Repertory dancers must demonstrate: a well-rounded technique; a professional attitude and work ethic (including the ability to both take corrections and make safe decisions about their dancing); personal maturity; artistic curiosity; and a desire and capacity to collaborate. Repertory participation is a privilege and is contingent upon

academic GPA, regular attendance, and a continued attitude of cooperation, openness, and exploration.

## **Repertory 2**

Repertory offers junior and senior dancers the opportunity to work in a professional rehearsal environment and culminates in a public performance. Repertory dancers will work with guest artists, resident staff and each other to develop a stylistically diverse repertoire. Repertory curriculum will consider the larger cultural role of performance and the power and obligations of being a performing artist. Participation in Repertory is by invitation only. Repertory dancers must demonstrate: a well-rounded technique; a professional attitude and work ethic (including the ability to both take corrections and make safe decisions about their dancing); personal maturity; artistic curiosity; and a desire and capacity to collaborate. Repertory participation is a privilege and is contingent upon academic GPA, regular attendance, and a continued attitude of cooperation, openness, and exploration.

## **Art in Your World**

Art in Your World brings students into the city to conduct collaborative movement and storytelling workshops with community organizations, from elementary schools to retirement homes to the children's hospital. Students will gain teaching experience with a wide range of ages, abilities, and populations. We will explore the arts as a means of communication, asking: who gets access to the arts? What does it mean to be a community artist? What are our roles and responsibilities as artists? This course requires personal maturity and regular participation and is open to students from all tracks.

## **College Dance Prep**

Dance College Audition Preparation is for seniors (fall) or juniors (spring) who desire to major in Dance in college. This class will help students apply to college and university dance programs by focusing on admission requirements specific to the discipline of dance including: performance resumes, artist statements, practice for audition classes, and preparation of audition solos. Students will be asked to clarify their academic and artistic goals, both long term and for the next four years. Class time will be used to research and determine the right kind of program for each student's interests. Having selected schools, students will create an application calendar and checklist, and work to prepare their audition solos and resumes. Students will be expected to spend time outside of class preparing written materials. This class is supplemental to, not in place of, students working at home and with the SPCPA college admissions counselor on the college application process.

## **Dance Improvisation**

In this class, students will participate in and create improvisational scores/games to expand their movement vocabulary and develop a sense of their personal aesthetic. Students will use experiments in space, time and energy to shake up their habitual ways of moving and/or thinking while honing their skills of spontaneous problem solving.

## **Strength/Stretch**

Learn the sequences that increase strength and flexibility. An elective course for dancers, actors, and singers who would like to add core strength, increase flexibility, and gain versatility as a physical artist. Most importantly, students will learn the exercises that will serve them for a lifetime in the performing arts.

## **Tap**

Elective Tap will offer students of various levels an opportunity to delve into dance as a physical and musical art form. The class will focus on basic tap technique and rudiments, as well as form and musicality. The historical and cultural aspects of the tap dance form will be explored through various lectures, demonstration and activities. Additionally, students will be encouraged to develop their own personal style and voice through improvisation and composition exercises.

## **Hip Hop**

This course will explore the original forms of hip-hop dance and how they have influenced current hip-hop dance styles. Students will learn top rockin', breakin', poppin', and lockin' in addition to working on their personal style development through freestyle dance. The course will also examine hip-hop culture as a whole to give students a better understanding of its history and impact worldwide. Students will learn choreography, freestyle, and develop their own choreography.

## **Yoga**

This course presents students with a physical experience and a broad understanding of the physical practice of Yoga. The class will typically be structured in a slow Vinyasa (flowing) style. Students will come to know and understand a variety of yoga poses and sequences as well as their physical benefits. This understanding in addition to an understanding of the student's own physical strengths and limitations will be demonstrated through the final written assignment outlining a personal yoga practice the students will create for themselves.

## **Beginning Pointe**

Pointe I students must meet specific criteria to qualify for their first pair of pointe shoes. This is for the dancer's safety. This criteria includes proper muscular development of the feet and legs, the ability to stretch the legs completely, a well-established core center, a significant arch of the foot and maturity able to comprehend the new material and challenges of pointe work. This course focuses on the fundamentals, starting with barre work, facing the barre for stability and gradually going to one hand on the barre, when ready. The semester will begin with conditioning exercises to develop strength in the entire foot system. While the majority of the work in this class will be executed at the barre, as strength increases, these exercises may be taken in center.

### **Intermediate Pointe**

Pointe II students must meet specific criteria to qualify for pointe work at this level. This is for the dancer's safety. This criteria includes proper muscular development of the feet and legs, the ability to stretch the legs completely, a well-established core center, a significant arch of the foot and maturity able to comprehend the new material and challenges of intermediate pointe work. This course will review the fundamentals of Pointe I and add new concepts. Students will execute all the regular barre exercises in pointe shoes, as well as specific pointe exercises. Center work increases in difficulty, requiring more immediate balance and finesse. Pirouettes, turns, pique arabesques, pas de bourrée courru and enchainements will be developed.

### **Partnering**

This class is designed to develop and increase the skills required in contemporary partnering. With a focus on weight sharing, counter balance, the use of momentum and physics, students will explore their kinesthetic awareness of themselves and their partners in space. Through guided improvisations and strengthening exercises, students will learn the fundamentals of simple contact skills, gradually taking their partnering through space and into the air.