

Modern and Choreography Syllabus

General Goals: to expand their technical training, increase their performance quality, and begin to focus on aspects of Modern, Improvisation, and Choreography

Skills Introduced:

Modern

- Flat Backs
- Laterals
- Primitive Squat
- Fall and Recovery
- Contraction and Release
- Floor Mobility Patterns
- Prances
- Leg Swings

Improvisation

- Initiation
- Stylized
- Flocking
- Ledge and Perch
- Build a fence
- Positive and Negative
- Counter Balance
- Clay statue
- Percentages

Choreography

- Stage Placement
- Diagonals
- Formation
- Entrances and Exits
- Levels
- Lighting
- Costuming

Classroom Etiquette to Reinforce:

- Entering Class Ready to Dance
- Going straight to warm up
- Dancing full out unless prompted to mark

Structure of Class:

The first 30 minutes of each class are dedicated to warming up the student and working on techniques. The next 30-minute section focuses on mastering skills in Improvisation both center floor and across the floor. During the last 25 minutes, the student choreography workshop begins. It is important for our students to build the skills of learning and retaining choreography, as performance is the culmination of their technical training. The last 4-6 weeks before a performance, instructors may choose to shorten the technique portion, or omit it, in order to prepare and polish the routine.

Emphasis on Modern Dance History:

Students will work each week on obtaining knowledge of Modern techniques and those who developed the style. It is imperative that a dancer understand how this movement was generated and its relevance at the professional level. Handouts will be given periodically and students will be expected to complete short research-based assignments a few times throughout the season.

Emphasis on Improvisation and Choreography:

CenterStage offers many tools to prepare its students for an outside audition experience. Improvisation is a key tool for comfortability at conventions and in audition settings, students are almost always expected to fill transitions with improvisation. This is a student's moment to show off their unique creative voice and stand out. Improvisation is the generation point for most choreography and in this class, we will be sharing key elements to develop a choreographic vocabulary.

Reinforcement:

We emphasize positive reinforcement in class, using high fives, clapping/cheering, giving a hug/pat on the back, and offering praise to encourage good behavior and dance technique. If a student displays good behavior or work, we will often use them as an example for the class.