

<b>ID</b>	3695
<b>Curricular Unit</b>	Theatrical Dance Technique I
<b>Regent</b>	Elisabete Alexandra Pinheiro Monteiro
<b>Learning Outcomes</b>	<p>Students:</p> <ul style="list-style-type: none"> <li>- Know and identify the main foundations of the techniques of theatrical dance;</li> <li>- Perform basic vocabulary of theater dance techniques addressed with correction at the level of bodily and spatial vectors;</li> <li>- Reproduce, through demonstration, sequences danced in technical context from the point of view of body and space;</li> <li>- Name, identify and characterize the specific motor skills to forms of theatrical dancing addressed in its elementary level;</li> <li>- Cooperate with colleagues in group tasks;</li> <li>- Interact with teachers and/or peers actively participating in the tasks;</li> <li>- Assess their technical performance and participation in group.</li> </ul>
<b>Syllabus</b>	<ul style="list-style-type: none"> <li>- Fundamentals of dance.</li> <li>- Work through concepts, themes, or the body, as a starting point.</li> <li>- Working the Trunk: Bounces; Bends; Stretches; Curl in; Uncurl; Stretches; High releases; Twist/Spiral; Swings; (contraction/release), Circles.</li> <li>- Work Upper Limb: Positions of the arms; Arms circles - frontal and sagittal planes; Insulation.</li> <li>- Work Lower Limb (LL): Positions of the feet and lower limbs: parallel and en dehors; Plantar flexion/extension; Flexion/extension of LL; Pliés; Leg stretches; Bounces; Toe Pushes; Brushes on and off floor; Passes; Rond-de-jambe; Developpés; Enveloppés; Kicks.</li> <li>- Falls: sitting and kneeling.</li> <li>- Support and Transition Steps: Simple Walks (passé, rond-de-jambe): developpé walk, developpé passé; Piqué, Coupé; Simple triplets; Glides; Ball change; Pony Trotting; Skips; gallops; Drag runs; step drag; runs.</li> <li>- Laps: inward turn and outward turn; Open turns.</li> <li>- Jumps: Jumps and Bounces; Springs; hops; Leaps; Assembles in parallel; simple Sissonnes parallel.</li> <li>- Danced Sequences, short duration.</li> </ul>

Continuous assessment: Attend at least 80% of classes.

Module 1: Fundamentals

Av F1 - Final evaluation of technical performance (20%)

Fi L - Analysis and reading record (10%)

Ap P1 - Final Public Presentation (20%)

**Evaluation**

Module 2: Contemporary/Modern Dance

Av I - Intermediate Evaluation of the performance (20%)

Av F2 - Final evaluation of performance (10%)

Ap P2 - Ap P1 - Final Public Presentation (20%)

Formula:

Final Rating = 0.2 (Av F1) + 0.1 (Fi L) + 0.2 (Ap P1) + 0.2 (Av I) + 0.2 (Av F2) + 0.2 (Ap P2) is equal to or higher than 9.5

**Bibliography**

Benbow-Pfalzgraf (1998). International Dictionary of Modern Dance (Ed). Benbow Niemeyer, New York. St. James Press.

Cohan, R. (1986). The Dance Workshop.; London, Unwind Paperbacks.

Love, P & King, E. (1997). Modern Dance Terminology. Princeton. Princeton Book Co. Publishers.

Lewis, D. (1984). The Illustrated Dance Technique of José Limón. Harper & Row Publishers, N.Y.

Sherbon, E (1982). On the count of one: Modern Dance Methods. New York. Mayfield Publishing Company.