

Dance Lab: Contemporary Dance

An entry/intermediate-level technical training in both classical and postmodern contemporary dance technique and aesthetic. With a focus on strength through alignment and efficiency in movement, we work to tune the body with awareness and ease, allowing for individual expression in choreographed and improvised dance material. Students are introduced to both classical dance vocabulary and exercises, as well as less conventional techniques for preparatory and extended dance training. Strong attention is given to strength, body placement, space, shape, relaxed precision rhythm, sequence memory, and the ongoing interplay between self and other.

Course Number: PAR220

Unit: 3.0

Program: UNDG Performing Arts