

## Liverpool John Moores University

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Title: Dance Techniques 2  
Status: Definitive  
Code: **5510DAN** (118752)  
Version Start Date: 01-08-2012

Owning School/Faculty: Liverpool Institute for Performing Arts  
Teaching School/Faculty: Liverpool Institute for Performing Arts

Team	Leader
Sarah Baker	

**Academic Level:** FHEQ5  
**Credit Value:** 36.00  
**Total Delivered Hours:** 276.00  
**Total Learning Hours:** 360  
**Private Study:** 84

### Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Practical	276.000

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Practice	Continuous	Practice/Pres/Class Presentation	100.0	

### Aims

*The aim of this module is to provide the student with the advanced skills in Ballet, Contemporary, Jazz and Tap techniques. The module aims to build strength, stamina, flexibility, as well as an understanding of the core performance skills associated with the technique. The module is a pre-requisite for the Level 3 Dance Techniques module.*

### Learning Outcomes

After completing the module the student should be able to:

- LO1 Demonstrate advanced technical skills and vocabulary in Ballet, Contemporary, Jazz and Tap techniques.
- LO2 Demonstrate, through performance advanced movement and stylistic features that underpin Ballet, Contemporary, Jazz and Tap techniques.
- LO3 Demonstrate adherence to dance class protocols and good practice.
- LO4 Demonstrate an understanding of safe and good practice.
- LO5 Apply verbal corrections and directions to practice on an ongoing basis.

### **Learning Outcomes of Assessments**

The assessment item list is assessed via the learning outcomes listed:

Continuous	LO	LO	LO	LO	LO
Assessment	1	2	3	4	5

### **Outline Syllabus**

*The module will explore and develop the following generic dance skills:*

*Warming up and cooling down processes  
Safe practice and the healthy dancer  
Extension, flexion and suppleness in the body  
Control, strength and precision in movement  
Placement, centering and alignment principles  
Use of weight and space in relation to the tasks  
Rhythm, timing, speed and dynamic range  
Travelling steps  
Expression and musicality  
Movement and muscle memory  
Observation and self-reflective skills honed through class sessions*

*Ballet Technique- Students will develop a clear understanding and application of:*

*Complex barre work with applied  $\frac{3}{4}$  pointe  
Barre work into applied centre practice  
Increased length in the body through fondu, extension and developpe  
Greater articulation and dynamic control  
Small enchainments and batterie work  
More complex travelling sequences incorporating elements of centre practice  
Increased technical vocabulary through grande allegro*

*Jazz Technique- Students will develop a clear understanding and application of:*

*Advanced warm-up, floor stretches, centre and barre work  
Intricate isolations, movement sequences and rhythm patterns emphasising control*

and coordination, as well as strength and endurance  
 Various stylistic demands and dynamic qualities of the technique  
 Advanced corner work including turning and jumping combinations  
 A more sophisticated demonstration of the technique through performance  
 Through advanced combination work a variety of Jazz dance techniques and styles will be covered over the course of the module  
 Throughout the delivery of the module teaching staff will contextualise the practical work by making reference to stylistic and conceptual developments of the technique

*Contemporary Technique- Students will develop a clear understanding and application of:*

*Advanced technical understanding of contemporary dance technique  
 Complex centre practice and travelling combinations emphasising control and coordination, as well as strength and endurance  
 Curves, tilts, spiral, contraction and release based work  
 A more sophisticated demonstration of the technique through performance  
 Individual artistic presentation  
 Various contemporary dance styles will be covered over the course of the module  
 Throughout the delivery of the module, teaching staff will contextualise the practical work by making reference to stylistic and conceptual developments of the technique*

*Tap Technique- Students will develop a clear understanding and application of:*

*Technical understanding of tap dance technique  
 Articulation of the feet and clarity of sound  
 Complex rhythms and dynamics  
 Weight carriage and transfer  
 Coordination of upper and lower body appropriate for tap dance technique  
 Various tap dance styles will be covered over the course of the module  
 Throughout the delivery of the module, teaching staff will contextualise the practical work by making reference to stylistic and conceptual developments of the technique.*

## **Learning Activities**

Practical workshops and classes.

## **References**

<b>Course Material</b>	Book
<b>Author</b>	Speer, D
<b>Publishing Year</b>	2010

<b>Title</b>	On Technique
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	University Press of Florida
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	White, J
<b>Publishing Year</b>	2009
<b>Title</b>	Advanced principles in teaching classical ballet
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	University of Florida
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Frich, E
<b>Publishing Year</b>	1983
<b>Title</b>	Matt Mattox Book of Jazz Dance
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Sterling
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Asante, K
<b>Publishing Year</b>	1997
<b>Title</b>	African Dance :An Artistic, Historical and Philosophical Inquiry
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Africa Research & Publications
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Brown, C
<b>Publishing Year</b>	2007
<b>Title</b>	Chance and circumstance: twenty years with Cage and Cunningham
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Knopf
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Morgenroth, J
<b>Publishing Year</b>	2004

<b>Title</b>	Speaking of dance: twelve contemporary choreographers on their craft
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Routledge
<b>ISBN</b>	

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## Notes

The module will be delivered through daily classes running across the majority of the year. These classes will be formally taught sessions where specific techniques will be explored, developed or refined. Direct and specific individual feedback and instruction will be given to students throughout the duration of the module. Students will be expected to demonstrate understanding of their own physical bodies in relationship to each dance technique.