



New Performing Arts, Inc.

4350 Brownsboro Road, Suite 110
Louisville, KY 40207 1/800-451-0032

The Way Modern Moves!

This modern dance program teaches the Core Content from start to finish, reinforcing terminology with visual cues, ingenious examples, and high-caliber performance. All of the elements -- space, force, time -- as well as pathways, kinds of movement (bound/free-flowing, sharp/smooth) are addressed, along with the ever-popular locomotor/non-locomotor! Student participation has been kicked up a notch, and our team of dancers has added a highly versatile member who excels in tap, jazz, etc. Elementary principals have been thrilled with the accessibility of the program to primaries as well as 4/5's, and MS/HS audiences have been mesmerized by the athleticism and relevance (through step dance, hip-hop, etc.) to their own experience. **Available February 14-18, Feb 28-March 11, March 21-25; \$540/half day (two programs), \$1,080/full day. Workshops available!**

Artists are happy to create assembly/workshop combinations to meet your needs. Please feel free to mix and match!

Assembly: accommodates up to 250 elementary, 300 MS/HS students

Workshop: accommodates up to 90 students, divided into three groups in three separate spaces

Workshop builds upon the assembly outline – let us know if you have specific content you would like your students to cover.

The Way Modern Moves – Program Outline

Introduction

Ballet vs. Modern Dance – Story vs. abstract

Petipa (traditional) vs. Martha Graham (modern dance) or Balanchine (contemporary ballet)

** **Dance Example:** Waiting for the Bus

Three Elements of Dance

1. SPACE -- directions and pathways

Stage direction: (stage left, right, downstage, upstage)

Pathways: Circular, diagonal, curvy, and zig-zag pathways

Shape: modern/organic, pedestrian; ballet/geometric

Review “ballet posture” – modern dance is reaction against rigidity/formalism of ballet

** **Dance Example with student participation:** *Martha Graham's contraction*

Movement levels -- low (on the ground), medium (standing up), high (jumping)

Dance example: contraction

2. TIME --

Tap: of beat, tempo, duration, rhythm, and call and response in dance.

Pulse/Beat:

Introduce the concept of pulse/beat – human body

Participation: Have the students clap a slow 8 count beat together.

Speed/Tempo:

Dance Example: Students clap a slow tempo = Dancer jumps big & slow, Students clap fast = Dancer jumps small & fast

Duration:

duration of the movement related to tempo

Rhythm:

Rhythms can be created around the central beat. Dancers can create patterns of movement.

1) Brief history (2-5 sentences) of tap

Participation: Makin' Fruit Salad – using language/claps to suggest rhythm/beats for dancer

Call and Response:

Call and response can be used between dancers, or dancers and audience to create more complicated rhythmic effects.

Participation: Extension of fruit salad exercise

3. FORCE --

Force is determined by the amount and type of Energy used while dancing. Different moves require different amounts of energy

Tension/relaxation

Tension/relaxation

Participation

Bound flow/free flow

Free flow / Bound flow

Participation

Dance Example: Dancers do choreography with scarf /rope

Heavy/light

a) Weight – heavy/light

Dance Example: use of mime in dance

Sharp/Smooth

b) sharp/smooth

Participation: head snap drill

****Dance Example with student participation:**

Watch a selection of Modern Dance choreography and pick out the different uses of force. Who uses tension/relaxation, bound flow/free flow, heavy/light weight, sharp/smooth

Dance Movements / Terminology

1. **Locomotor** -- walk, run, skip, hop, leap

2. **Non-locomotor** -- bend, stretch, twist

****Dance Example with student participation:** Students play Martha Graham and set choreography on the dancers!

What are the tools of the choreographer?

Dance Performance

1. **Etiquette in watching performances:**

2. **Introduce the Dancers**

**** Dance Example:**

Watch a piece of modern choreography performed by the dancers

3. **Modern is closely related to popular dance – student participation**

a) Student volunteers try hip-hop/jazz steps with the dancers

b) Question and Answer session between dancers with students.