

M 8 Contemporary Dance 2

Training

Based on the contents of M2 the topics are deepened and the movements sequences and combinations will be more complex. The emphasis is on the center and becoming aware of the inner body space, learning about the principles of gravity, elaboration of various directions in movement of the upper body in context with leg work.

Modern dance / other styles of dance

Knowledge acquired in M2 is deepened. Furthermore, the range of perception of movement is widened by Hip Hop or non-European styles such as African Dance or Butoh.

Improvisation

Explorations will be broadened by elements taken from Action Theatre, use of the voice, text, gestures and movement. New impulses are given by choosing space and environments other than the studio (site-specific work) and by exercises taken from the Physical Cinema for Framing and Improvisation for camera. Development of performance scores.

Contact Improvisation 2

Based on the contents of Contact Improvisation 1 movement vocabulary is broadened by jumps, catches and more acrobatic lifts. Increasing emphasis is laid on sensibility, especially communication via the skin and the support of movement by various body systems.