

*Cedar Crest College*  
*DNC 226 00 2*  
*Dance Improvisation*  
*Spring 2009*

**Class Meeting Time: Monday & Wednesday 9:30 - 10:45**

**Professor: Tabatha Robinson-Scott Ed.M.**

**Course # DNC 226 00 2**

**Office Hours: By Appointment**

**Email: [trobinso@cedarcrest.edu](mailto:trobinso@cedarcrest.edu)**

**Course Description**

Dance Improvisation is a form of dance that provides an explorative environment to investigate the creation of movement. Students will explore their own bodies, their relationship to other bodies, and how these relationships are affected by gravity, weight, momentum, and inertia. This class will incorporate solo, duet, and group experiences. Guided exercises will provide a basis for rolling, falling, balance/counterbalance, and weight sharing.

In class experiences will help students to develop a personal movement style which will be explored and challenged throughout the class. The written component will provide students with an opportunity to self assess themselves and notate their progress and individual explorations.

This course comprises breathing and centering warm-ups, isolation exercises, and technical improvisation on movement qualities, including swinging, falling, rising and slow motion. Students learn to develop choreographic ideas through group improvisational structures.

**Course Objectives:**

Students are expected to:

- ★ Explore movement elements including body relationships and the qualities of shape, level and dynamics, in a structured improvisational setting.
- ★ Respond to movement in an organic way in order to develop a movement vocabulary as well as respond to external stimuli
- ★ Perform in solo, duet and group relationships.
- ★ Demonstrate both leadership and following abilities with other students; Using intrapersonal relationships to explore elements of space and contact improvisation
- ★ Increase knowledge and understanding of the movement possibilities of the human body
- ★ Have the ability to work collaboratively with other members of the class
- ★ Expand individual comfort boundaries by taking risks and expanding their comfortable limits
- ★ Collaborate and fully participate in daily experiences and journal those experiences in an objective way
- ★ Have a positive open spirit to taking risks and respect for all people in the experience
- ★ Increase creativity through spontaneous movement choices
- ★ Expand their movement vocabulary using the primary elements of space, time and energy

### Class Format

Students are expected to be active participants in all class exercises. You will move in each class, so please come ready to move. You should bring clothes to change into for class that will not hinder your range of movement. Bare feet or dance shoes are acceptable. No street shoes are allowed in the studio. No food or drink is allowed in the studio. Water bottles (filled with water) are permitted. If you are injured or ill, you must consult with me prior to the start of class to determine what your observation assignment will be.

For class discussions and lecture, please bring all writing materials to take notes, articles and keep a journal. Your journal will consist of written article responses as well as dated writings about your experiences, feelings, your progression, goals, responses to videos and everything else related to your progress in class. Please refer to the assignment sheet for due dates.

Assignments and journals will be checked and/ or collected throughout the semester and graded based on organization, cohesiveness and neatness.

There will be group projects and individual presentations in class. Students will be asked to present movement, information and provide each other with feedback throughout the class. There will be a final showing at the end of the semester during class time. Students will work together as a class to develop the showing based on exercises learned throughout the semester.

### Attendance, Lateness and Performance Policy

- ★ **Attendance** – no more than 2 absences are permitted. Any missed classes beyond the first two will result in point deductions from your final grade **unless** with an excused note from the Dean. After 2 absences, the grade will drop by one grade per absence. Since this class is an experience and not a lecture, the work missed cannot be made up. If you are anticipating an extended absence due to illness or injury, contact me immediately.
- ★ **Lateness** – Please arrive early to your class to change or prepare for the class. After the 1<sup>st</sup> documented lateness, 1 point will be deducted from your final grade for each additional lateness. If a student is more than 5 minutes late to class without prior notification, it is recorded as a 1/3 absence, therefore 3 “lates” count as one absence. More than four absences or non-physical participation (for any reason) you must withdraw from the class or fail.
- ★ **Performance** – You are expected to fully participate in all classes to the best of your ability. All participants are expected to provide a supportive environment with positive feedback. In the event you are not able to participate in class due to an illness, you are strongly encouraged to observe the class.
- ★ **Observation Policy** – In the event you are ill or injured, you must consult with the instructor prior to the beginning of class. The 1<sup>st</sup> observation assignment will result in full participation credit. Each observation after that will result in 1/2 credit.

### Homework & Written Assignments

Your name should appear on all assignments and journal entries. For all papers, please include your name, date the paper is due, and title. Your paper should then start immediately at the top of the paper. All article responses should be typed, double-spaced, 12 font or smaller and one inch margins. If you do not follow the format, your grade will be affected. All work turned in must be the product of your own. Plagiarism is not acceptable. If you are caught plagiarizing, you will receive a failing grade for that assignment. All assignments will be returned to you in a timely manner. Journal entries may be handwritten but must be legible.

### Mid-Term and Final

You will have a mid-term presentation which will reflect all of the material covered up until that point. You will have substantial notice about the assignment at a later date.

### Evaluation

Your grade for this class will consist of the following components:

- ★ Attendance and Class Participation, Movement studies in class (65)
- ★ Written homework & Assignments (20)
- ★ Mid-term assignment (5)
- ★ Final (10)

A specific breakdown of the weight of the grades will be determined at a later date. You will receive a copy of the breakdown within the first third of the class.

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## Performing Arts Department Policies

### General

Please:

- ★ Do not bring food or beverages other than water into the dance studio
- ★ Keep all belongings in the dressing room
- ★ Do not bring valuable items such as jewelry and wallets
- ★ Do not bring cell phones into the dance studio
- ★ Do not enter the dance studio with street shoes on
- ★ Do not wear scented, “fruity” lotions to class: these lotions contain oils that stain the marley floor and cause slick surfaces.

### Email guidelines

The main objective for email between student and the instructor is for contact and communication when necessary outside of class time. Students should always try to talk with instructors in person whenever possible and reserve email for brief information that was missed during class time. Students should get missed assignments from fellow classmates whenever possible.

Email is for information such as meeting times, quick questions on assignments, absentee notification, etc. They should be kept brief and to the point. Email should not be used to discuss more serious matters such as grade or attendance grievances. Students should make an appointment with a faculty member to discuss such matters. At all times students should keep the tone of their email courteous and respectful to the instructor.

The instructor reserves the right to hold the student responsible for proper email etiquette and the grade may be affected if the instructor feels the guidelines have not been met by the student.