

**DUKE ELLINGTON SCHOOL OF THE ARTS
DANCE DEPARTMENT
MODERN DANCE LEVEL I / HORTON TECHNIQUE
Instructor: T. Alexander**

COURSE DESCRIPTION

This course is the level I preparation for the Level II Horton Technique. The course focuses on the fundamentals of the Lester Horton Technique of modern dance. Students will learn, through the use of the Lester Horton Technique, the proper approach to build strength, agility and flexibility. The course will include the recognition and use of terminology and the ability to perform studies of the Horton Technique. This course also exposes movement from other Modern dance techniques. Students will receive one Carnegie unit.

NATIONAL STANDARDS FOR ARTS EDUCATION IN DANCE

Content Standard # 1 - Identifying and demonstrating movement, elements and skill in performing dance.

Achievement Standard:

- a. accurately demonstrate nonlocomotor/ *axial movements (such as bend, twist, stretch, swing)
- b. b. accurately demonstrate eight basic *locomotor movements (such as walk, run, hop, jump, leap, gallop, slide and skip), traveling forward, backward, sideward, diagonally, and turning
- c. create shapes at low, middle, and high * levels
- d. demonstrate the ability to define and maintain * personal space
- e. demonstrate movements in straight and curved pathways
- f. demonstrate accuracy in moving to a musical beat and responding to changes in tempo
- g. demonstrate *kinesthetic awareness, concentration, and focus in performing movement skills
- h. attentively observe and accurately describe the *action (such as skip, gallop) and movement elements (such as *levels, directions) in a brief movement study

Content Standard # 3

Understanding dance as a way to create and communicate meaning

Achievement Standard:

- a. observe and discuss how dance is different from other forms of human movement (such as sports, everyday gestures)
- b. take an active role in a class discussion about interpretations of and reactions to a dance

- c. present their own dances to peers and discuss their meanings with competence and confidence

Content Standard # 4

Applying and demonstrating critical and creative thinking skills in dance

Achievement Standard:

- a. explore, discover, and realize multiple solutions to a given movement problem, choose their favorite solution and discuss the reasons for that choice
- b. observe two dances and discuss how they are similar and different in terms of one of the elements of dance (such as space) by observing body shapes, levels, pathways

Content Standard # 7

Making connections between dance and other disciplines

Achievement Standards:

- a. create a dance project that reveals understanding of a concept or idea from another discipline (such as pattern in dance and science)
- b. respond to a dance using another art form; explain the connections between the dance and their response to it (such as stating how their paintings reflect the dance they saw)

TEXTS

This class does not have a textbook requirement. Handouts from the following reference may be distributed from the following:

THE DANCE TECHNIQUE OF LESTER HORTON by Marjorie B. Perces,
Ana Marie Forsythe (contributor) and Cheryl Bell
ARTICLES FROM VARIOUS DANCE MAGAZINES

It is strongly suggested that each student in the dance department program begin to build his/her own personal library with references specific to the content area.

COURSE REQUIREMENTS/GRADING RUBRIC

GRADING SCORE

DAILY APPLICATIONS

60%

1. Grooming/Uniform

See uniform and grooming policy in Ellington's Dance Handbook

2. Attendance/Tardiness

Completely uniformed & groomed for class by roll call.

Participation in all classes, master classes/workshops/seminars performances, rehearsals and auditions.

3. Conduct / Behavior / Etiquette

Appropriate conduct and behavior as it relates to the students' understanding consequences of their personal cause and effect actions/reactions.

Understanding and demonstrating traditional etiquettes of dance.

Positive approach and attitude.

4. Technical Development

Demonstrate the ability to execute movement sequence from beginning to end with consistent improvement/development in technical growth.

Application and retention of verbal and technical corrections

Demonstrates initiative to independently enhance the value of information received

NOTE: Non attendance or non-participation results in ZERO POINTS for that day. Excused absences, early dismissal and late arrival to class must first be officially cleared and documented by Ellington's Office of Administration, before the dance department's acceptance.

LITERACY PLAN 15%

All written assignments are to be typed and submitted on the requested due date.

Late assignments will be penalized by a grade drop from the grade actually received.

Assignments more than one day late will not be accepted, resulting in a grade of "F"

PHYSICAL EXAMS 25%

Physical Exams are based on the information received during studio time.

Adherence to the examination date is imperative. Make-up physical examinations, are at the discretion of the instructor.

RUBRIC

a) Movement Execution

Clarity in body alignment, technique, transitions, coordination, and articulation

b) Movement Comprehension

Understands terminology, applies movement concept to individual body, level changes, directional changes, and spatial use

c) Movement Sequence

Designed order of movement demonstrated from beginning to end

d) Movement Musicality

Movement to proper counts, movement dynamics, movement fluidity, rhythm and tempo changes

e) Movement Presentation

Use of individual style, movement quality, energy, facial expression and engage the audience

Note: Scheduled date of classes, assignments, exams, course content etc... are Subject to change at the discretion of the instructor, and/or in the event of extenuating circumstances.

UNIFORM REQUIREMENTS AND GROOMING POLICY

FEMALES: Black Tank Top Leotard / Black Wrap Ballet Skirt/ Flesh Toned Convertible Tights/ Flesh Toned Ballet Slippers

MALES: White Tank Tee-Shirt/Black Tights/ White Leather Ballet Slippers/ White Crew Socks/ Black Dance Belt/ Leather Waist Belt

HAIRSTYLE FOR FEMALES: Hair must be pulled back neatly away from face and secured in bun with hairnet.

HAIRSTYLE FOR MALES: Neatly close-cropped hair

NO BRAIDS, TWISTS, EXTENSIONS, LOCS, BANTU KNOTS, MOHAWKS, SCULPTED HAIR, PONYTAILS, HAIR COLOR, DYES, HENNAS, HEAD WRAPS AND/OR SCARVES. HAIR WEAVES MUST BE ABLE TO BE PULLED INTO A BUN NEAR THE CROWN OF THE HEAD.

MALES AND FEMALES: JEWELRY AND BODY ADORNMENTS

Absolutely, NO finger rings, nose rings or lip rings, watches, bracelets or necklaces. Only small stud earrings are allowed. NO double earrings.

NO nail or toe polish

NO make-up

Visible tattoos must be covered with make-up on a daily basis.

ELECTRONIC DEVICE DECORUM

All electronic devices, including cell phones and i-pods must be turned off and secured in student locker before and during class. (Refer to Dance Department Handbook/ Page 12)

GRADING SCALE

A 93 - 100

B 90 - 92

B+ 87 - 89

B 83 - 86

B- 80 - 82

C+ 79 - 77

C 73 - 76

C - 70 - 72

D+ 67 - 69

D 64 - 66

F 63 and below

I Incomplete (too little work submitted) Students have until 2 weeks after issuance of report cards to submit assignments and make up individual physical assignments and exams. Failure to complete required work within the above stated time frame will result in the incomplete grade converting to an "F"

M Medical Excuse – Once an injury has been verified by a physician and the student is deemed unable to participate for a minimum of two weeks and not more than one advisory, a letter grade of "C" or below will be administered for that period. If the injury is longer than one advisory, the student's tenure at Ellington must be revisited by parent, principal and dance faculty. **(Refer to Dance Department 2009-2010 Handbook)**

The Medical Excuse Guidelines shared in the Ellington Community Handbook relates to Academic courses/classes only, not physical intense arts classes such as dance

ATTENDANCE

Students and parents/caregivers are held accountable for reporting all absences within 48 hours of the student's return. All letters must be submitted to the Dean of Students or his designee for verification/approval, and submitted to course instructor. Students with chronic unexcused attendance, may result in a failing grade for the course.

For each class to which a student is tardy three (3) times, that student will accrue one unexcused absence. Five (5) or more unexcused absences per advisory, may result in the student receiving a grade of "FA" (failure due to absences) in that subject. Excessive absences, even for legitimate reasons, will have an adverse effect on the work presented and therefore, on the grade earned. Students who are absent for performances, field trips, and extra-curricular activities, are held accountable and responsible to secure and complete all written assignments, written quizzes, and written tests according to guidelines of Attendance Policies and Procedures established in the Ellington Handbook, and individual/group physical projects or other physical lesson plans missed.

Late written assignments will only be accepted one day after due date, resulting in the grade being lowered by 10 points from grading score actually earned.

TECHNICAL OBJECTIVES

The course of instruction will include:

1. Warm-up procedures

- (a) Flatbacks
- (b) Primitive Squat Descent/Ascend
- (c) Laterals & Lateral Series
- (d) Release Swings & Variations
- (e) Plie Series
- (f) Tendu Series
- (g) Deep Forward Lunges

2. Fortification Studies

- (a) Plie Stretch
- (b) Lateral Stretch
- (c) Lunge Stretch
- (d) Coccyx

3. Additional Studies

- (a) Elementary Balance
- (b) Foundations/Preparation for 5/4 Swing
- (c) Leg Swings
- (d) Foundations of Dimensional Tonus
- (e) Foundations Percussive Study Stroke

4. Turns

- (a) Lateral
 - (b) Pencil
 - (c) Stag
- Inclusive: Attitude, Chaines, Pirouette,

5. Jumps, Leaps, Runs, Fall, Hinge, Tilt, Fan, Table

