

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 class also exposes movement from other Modern dance techniques. This is a year course. Students will earn one credit.

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

The grades for each advisory will be based on the following areas:

Participation 10%

Practice and Application 50%

Assessments 40%

Grading percentages for assignments within each category will vary by arts department based on the processes and assessments specific to each discipline. It is a requirement to pass a course that students participate/attend all rehearsals and performances as these are also assessments.

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 10 school days after issuance or 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"

ATTENDANCE IMPACT ON GRADE

Grade reduction for 5 unexcused absences in a quarter for a single course
Automatic "FA" for 10 unexcused absences in a quarter for a single course
Automatic "F" for 30 unexcused absences in a year for a single course

Once an injury has been verified by a physician, and the student has been deemed unable to participate for a minimum of two weeks, the students' medical recommendation will be referred to administration.

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:

All hair should be smooth and pulled back away from face in a tight secure “Ballet” bun, and covered with a thin hairnet. Because of the aesthetic quality, safety, discipline and technical demands of dance, it is imperative for the female hairstyle to be uniform and of a size that accommodates partnering, balance, all turns and jumps.

HAIRSTYLE FOR MALES: Neatly close-cropped hair cuts

MALES AND FEMALES

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.

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)

TECHNICAL OBJECTIVES

The course of instruction will include:

1. Warm-up procedures

- (a) Flatbacks
- (b) Primitive Squat Descent/Ascent
- (c) Laterals & Lateral Series

2. SWINGS

- Release Swings/variations
- Leg Swings
- Release Swings into back attitude
- Preparation for 5/4 Swing/variation
- 5/4 Swing

3. STUDIES

- Fortification Studies 1-6
- Balance Studies- Elementary balance, Table balance, T balance, Figure 4

4. DESCENTS AND ASCENTS

- Side lunge descent
- Hinge descent and ascent
- Sliding descent

5. FALLS

- Side fall
- Lateral T fall
- Front recovery

6. TURNS

- Lateral T turn
- Stag turn
- Pencil turn
- Figure 4 turn

7. PROGRESSIONS

- Side hip push

8. ELEVATION

leaps

Stag Jumps

Other jumps

9. Turns

(a) Lateral

(b) Pencil

(c) Stag

Inclusive: Attitude, parallel passe

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

**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.**