

NATD

National Association of Teachers of Dancing

Notes for Teachers

NATD Contemporary Dance

Grade 1-6

Course devised by Harita Stavrou

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FOUNDED 1906

STYLES TO TEACH

Graham

Graham's ground breaking style grew from her experimentation with the elemental movements of contraction and release. The sharp, angular and direct movements of her technique should be focused on during the floor exercises and spirals.

Cunningham

Students with a background in classical dance will connect to the progression of Cunningham technique, through similarities such as:

- sudden changes of direction from parallel to turnout and vice versa
- a standing barre similar to ballet technique that uses pliés and tendus
- large sequences that build in movement through space,
- turn combinations, adagios and phrases across the floor leading to jumps, hinges and falls
- a strong sense of the spine and the way the legs move in either opposition or unison
- "Front" is not always to the audience either, in Grade 6 dancers learn to perform to different "fronts"

Limón

The students will develop a knowledge of how to reflect the body's weight - which is represented in fall and rebound, suspension and succession. The breath is being used to keep the flow, impulse and momentum of the movement. Whilst also highlighting the chest, portraying the 'centre', the 'core' of emotion and passion. Movements are kept very natural and simplistic to eliminate unnatural tension. By making curved shapes in space with the arms and inward and outward rotations of the knee – Limón created a body 'orchestra', body parts all moving independently yet in a complimentary and harmonious way.

Music for class

- Michael Price/ Alan Haigh
- Cafe del Mar albums
- World music albums

Live music: percussion, drums, piano

- Recorded word /sound effects
- Student's playlists - teachers can learn from contemporary music!