Instructor: Kristin Horrigan
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Office Hours: by appointment (M, W, Th, F)

Class Time: M, W 11:30-12:50
Class Location: Dance Studio
Credits: 2

Prerequisites: previous dance experience and permission of the instructor

Course Description
In this course, we will develop expansive, articulate, and powerful dancing through a study of principles of contemporary release-based technique. Core concepts will include weight, momentum, alignment, breath, focus, and muscular efficiency. We will work on finding center, playing off balance, moving in and out of the floor, going upside down, initiating movement clearly, and maintaining a continuous sense of flow. Through our practice, we will develop strength, range of motion, balance, flexibility, stamina, self-awareness, and coordination. This course combines intermediate and advanced level study, with students at the two levels assisting each other in learning.

Course Objectives
Upon successful completion of this course you should be able to demonstrate:

- Physical and intellectual understanding of principles and aesthetics of modern dance in general, and contemporary release-based technique in particular
- Improved technical and artistic skill with attention to clarity of articulation, dynamic alignment, flow, expansiveness, expressive range, muscular efficiency, and weight
- Regular attention to your own body to identify misalignments, excess tension, and issues of coordination, and a regular practice of addressing such issues (using imagery, conditioning techniques, self-massage, etc.)
- A developed practice of driving your own technical growth through observation, questioning, goal setting, and experimentation

Requirements: Full participation.
Students should come to class prepared, participate whole-heartedly, and demonstrate personal progress. In addition, students should expect to contribute some out-of-class time each week to the class; see assignment list below for details.

Attendance Policy:
- You must be present consistently to succeed in this class. However, you are allowed up to two absences for illness, injury, family emergencies, religious observance, etc.
- Each absence beyond the initial two will drop your final grade by a number of points (4) equal to the percentage of class time missed, and NO CREDIT will be given for the course if more than 7 classes are missed.
- A limited number of absences may be made up at the discretion of the instructor.

Sitting Out:
• Those who observe class due to illness, injury or tardiness, must actively participate by making written observations (to be given to instructor at the end of class.)
• These observations should not be merely a record of exercises. Rather, they should include thoughtful reflection on movement specifics, corrections given to others, and how you can integrate what you learned by watching into your dancing.
• It is your responsibility to make observations and turn them in without prompting by the instructor.
• You may sit out twice without consequences. After that, every two sit-outs equals an absence.

Tardiness:
• Please arrive on time for all classes. Three late arrivals will be considered equivalent to one absence.

Dress and other details:  Appropriate attire includes fitted tops, flexible pants, and bare feet. For safety reasons, do not wear large, dangling jewelry or pants so long that they drag on the floor. Do not chew gum.

Assignments:

1. Daily Preparation – Spend 10-15 minutes before and/or after class, attending to personal warmup and cool down exercises as needed, resolving areas of tension in your body, creating and practicing personal imagery, and/or doing some deep stretching. In addition, just as you allot time for readings and papers for other classes, make time to get an extra hour of sleep before dance class, to eat properly and drink plenty of water, to care for injuries, and to arrive at class in time to shift your attention to dancing. Your preparation and personal practice will be graded as part of your participation grade.

2. Attend Marlboro Dance Concerts
   Alumna Showing: Cookie Harrist ’12, March 7, 7pm, Serkin Center dance studio
   Plan Performance: Hannah Ruth Brothers, April 25 and 26, 7:30pm, dance studio
   Plan Performance: Maia Talbot Holloway and Anna Lucia Uihlein, May 3 and 4, 7:30pm, dance studio
   Plan Performances: Kate Roché-Sudar and Sophia Romeri, May 9 and 10, times TBA, campus locations TBA and dance studio

3. Self-Assessments and other short writing assignments – You will be asked to write brief notes each day at the end of class, reflecting on the day’s dancing and setting an intention for the next class. Periodically you will be asked to engage in deeper reflection about your technical development and at the mid-term and end point of the semester you will conduct self-assessments of your work in class. Other short writing assignments may be given as relevant.
   Self-Assessment Due dates: March 3, May 7
4. **Occasional readings, video viewings, or choreographic assignments** may be given to support our work in class. You may be asked to respond to questions in writing (in class or as homework) in response to readings or videos.

**Grading:**
- Quality of Participation: 40%
- Improvement in Technical and Artistic Skill: 40%
- Self-Assessments and other assignments: 20%

**This syllabus is subject to modification by the instructor at any point during the semester.**