

UTRGV Dance Department
Dance Technique Proficiency Outcomes

Contemporary Dance Technique

Foundations of Contemporary Dance (DANC 2246 and 2345) - Students will demonstrate technical ability at a beginning level. They will be expected to:

1. Execute the ability to maintain correct musculoskeletal positioning in movement and stillness.
2. Demonstrate the bending and lengthening of the legs, as in demi plié, in parallel and turned-out positions in first, second, and wide fourth while maintaining proper body alignment.
3. Demonstrate basic yoga poses such as child's pose, forearm and full planks, upward and downward dog, crescent pose (lunges), and warrior poses A & B.
4. Demonstrate a clear understanding between parallel and externally rotated positions and actions of the feet and legs.
5. Demonstrate the articulation of the feet in actions such as finding the metatarsal heads (balls of the feet) in rolling through forced arches, and the sequence of heel, ball, toe in foot brushes on and off the floor.
6. Demonstrate the bending and lengthening of the legs with coordination of the spine in flexion, neutral, lateral flexion right and left, and hyper-extension (high release of upper spine).
7. Demonstrate an understanding of fundamental Bartenieff body connections of head to tail (soft spinal flexion) while maintaining a vertical pelvis, and head away from tail (high release of upper spine) with a vertical pelvis.
8. Develop an understanding of the body planes of motion; vertical, horizontal, and sagittal.
9. Demonstrate a clear understanding of movement sequencing in Bartenieff fundamental exercises of upper to lower body and lower to upper body.
10. Demonstrate a clear understanding of movement sequencing in Bartenieff fundamental exercises of core to distal and distal to core.
11. Demonstrate a clear understanding of movement sequencing in Bartenieff fundamental exercises of right to left body halves and left to right body halves.
12. Execute a clear understanding of the different take off and landings of steps of elevation: **Hop** - take off and land on same leg, **Leap** - take off one leg and land on opposite leg, **Jump** - take off both legs and land on both; or take off both legs and land on one leg as in a ballet sissonne, **Skip** - combination of step and hop in 3/4 timing, **Assemblé** - take off one leg and land on both.

13. Demonstrate the correct use of breath in the activity of “hollowing” out the abdominal area in bringing head towards tail with a full exhale, like a Graham contraction, and inhaling as one expands out of the hollowing.
14. Demonstrate the ability to stay in time with basic locomotor patterns in across the floor combinations in 4/4, 3/4, and 6/4 meters.
15. Execute basic Humphrey/Limón exercises that combine suspension, fall, recover, and rebound and the importance of breath in these activities.
16. Demonstrate the ability to safely go from standing to floor and floor to standing in basic ascending and descending actions such as Humphrey side falls and spiral sit falls.
17. Demonstrate an awareness of one’s personal kinesphere in the practice and awareness of proper class etiquette when taking a modern dance class, such as spreading out and away from classmates for floor and center work. Executing the traditional practice for going across the floor in an organized manner for safety.
18. Explore and practice the distinctions in movement qualities such as sustained movement, suspension, swing, sway, and percussive.
19. Develop a general understanding of the roots and pioneers of American Modern Dance.
20. Display the ability to perform instructor choreographed combinations of the skills listed with musical accompaniment in small groups of no more than 5 for mid-term and final skill’s assessment showings.

Intermediate Contemporary Dance (DANC 3246 and 3345) - students will demonstrate continued technical development at an intermediate level. They will be expected to:

1. Continue to demonstrate more refined skills learned in level one with added complexity to exercise sequences and movement combinations which includes introducing inversions and more upper body strength challenges.
2. Demonstrate the ability to execute longer one-legged balances in poses and shapes that challenge flexibility, strength, balance and endurance.
3. Execute an understanding of the unfolding of the gesture leg front, side, and back in one legged balance right and left with neutral spine.
4. Demonstrate the direction of inside and outside leg circles (rond de jambes) on and off the floor.
5. Execute longer movement combinations that implement several directional changes with a greater awareness of spacial accuracy.
6. Demonstrate the unfolding of the gesture leg while coordinating with spinal movements in flexion, lateral flexion, and hyper-extension.
7. Execute longer and more complex across the floor locomotor sequences to varied meters and tempos, and some mixed meters.

8. Demonstrate more refined yoga poses from level one and demonstrate added poses which include reverse warrior, triangle, and warrior C.
9. Demonstrate musicality by finding the down beat, dancing within phrasing of musical accompaniment, and knowing when to begin combinations by perceiving and responding to the prompts given by instructor.
10. Being able to both utilize counts while dancing and being able to abandon counts and find a personal movement phrasing when required.
11. Executing dance combinations in a variety of meters and tempos.
12. Demonstrate a more refined sense of one's personal kinesphere and practice an awareness of proper class etiquette when taking a modern dance class, such as spreading out and away from classmates for floor and center work, and when going across the floor.
13. Demonstrate the ability to perceive and discern between successful/effective and unsuccessful/ineffective examples of Alignment, Coordination, Clarity, Conditioning, Artistry and Adaptability in oneself and in peers through self-assessments and peer assessments.
14. Demonstrate artistry in the ability to integrate technical skills with intuition and personal presence.
15. Express ideas, experiences, and findings of one's analysis through oral and written means.
16. Establish a functional language for modern dance description and analysis.
17. Develop a deeper understanding of the roots and pioneers of American Modern Dance.
18. Display the ability to confidently perform instructor choreographed material that implements skills listed above in smaller groups of no more than 3 at a time for mid-term and final skill's assessment showings.

Advance Contemporary Dance (DANC 4246 and 4345) - Students will demonstrate continued technical development at an advanced level. They will be expected to:

1. Continue to demonstrate more refined skills learned in levels one and two with added complexity to exercise sequences and movement combinations with clearer use of breath to support and enhance the movement.
2. Demonstrate an advanced level of individual style and artistry.
3. Execute longer movement combinations that incorporate more turns, direction facings, traveling, steps of elevation, inversions, and balances.
4. Demonstrate the ability to perform combinations to more complex rhythms with a heightened sensitivity to musical accompaniment.
5. Demonstrate the ability to engage in creative problem solving in individual and group movement activities and to move seamlessly from choreographed material to improvised material, and back to choreographed material.
6. Utilize a more expansive language for modern dance description and analysis.
7. Display a more sophisticated understanding and articulation of the roots and pioneers of American Modern Dance.

8. Demonstrate the maturity to receive and process critical feedback from the instructor and other students during class.
9. Perceive, assess, and provide critical feedback on the work of other students.
10. Reflect on individual progress in class discussions and video observation.
11. Display a heightened sense of confidence and artistry in performing instructor choreographed class material individually (solo) for mid-term and final skill's assessment showings.

Ballet Technique

Ballet Foundations (DANC 2242, 2244, and 2341) - Students will demonstrate technical ability at a beginning level. They will be expected to:

1. Demonstrate an understanding of correct body alignment in the vertical stacking of body parts around one's plumb line while engaging in the activity of "pull up," specifically the engagement of the lower abdominals.
2. Execute an understanding of the proper initiation of external rotation from the thigh (ilio femoral) joints and the proper distribution of weight in the five ballet positions.
3. Demonstrate an understanding of ballet arm positions in the practice of port de bras.
4. Demonstrate an awareness of a vertical (neutral) and square pelvis in stillness and while executing skills.
5. Display the proper use of the barre while executing differentiated leg gestures front, second, and back in battement tendu, temps lié, battement degagé, pas de cheval, battement frappé, and grand battement.
6. Execute rond de jambe en dedans and endehors a terre.
7. Engage in center practice combinations that include tendu, degagé, pas de bourree, balancé, and soussus.
8. Demonstrate an understanding of the classical positions: Croisé, Effacé, and a la Quatrieme (devant and derriere), and a la seconde.
9. Execute several short petite allegro combinations that include changement, pas de chat, temps leve, petite jeté, glissade and assemblé.
10. Develop the proper use of musical accompaniment by finding the down beat and dancing within phrasing of the music, demonstrating the ability to begin combinations by perceiving and responding to the instructor's prompts, display the ability to use counts and maintain tempo with musical accompaniment, develop the ability to begin and end with music.
11. Execute short grand allegro combinations that include tombé, pas de bourree, glissade into grand jeté with appropriate propulsion and rhythmic clarity and a beginning level performance of arm placement.

12. Define and utilize ballet terminology in its translation of French to English.
13. Demonstrate basic turns including soutenu en tournament, piqué in retiré passé en dedans, chaîné turns with proper arm placement and weight shifts.
14. Present 2 to 3 center combinations (adagio, petite allegro, turns, and/or grand allegro) in groups of no more than 5 dancers at a time for the purpose of mid-term and final skill's assessment.

Intermediate Ballet (DANC 3242, 3244, and 3341): Students will demonstrate continued technical ability at an intermediate level. They will be expected to:

1. Continue to refine skills learned in level one with added complexity, length, and speed to barre and center exercises and movement combinations.
2. Demonstrate additional skills at the barre including développé, rond de jambe en l'air at 45 and 90 degrees endehors and endedans, battement fondu front, second and back, and a barre stretch for the legs front, second, and back.
3. Execute sustained balances in arabesque and attitude front and back with proper placement and alignment.
4. Execute additional steps of elevation in petite allegro combinations including ballonné, ballotté, assemblé variations including over and under, echappé battu, entrechat trios, entrechat quatre, and temps de cuisse.
5. Execute additional skills in grand allegro combinations including fouetté saute, jet grand jeté entourant, temps de flèche, sissonne failli, and contretemps.
6. Demonstrate additional turns including properly executed pirouette turns in passé endehors and endedans (singles), traveling emboîté saute entourant, combination of piqué turns endedans and endehors, pas de bourree entourant, and chassé entourant en l' air.
7. Execute leg extensions, promenade, and sustained balances in attitude, arabesque and a la seconde in adagio movement combinations.
8. Demonstrate proper execution of additional classical poses including Ecarté devant and derriere and Epaulé.

9. Demonstrate a refined sensitivity to musical accompaniment in performing adagio combinations with smooth transitions, rhythmic clarity, and an ability to maintain tempo.
10. Execute the ability to perform petite allegro combinations with rhythmic clarity, buoyancy, and the speed to maintain tempo.
11. Demonstrate rhythmic clarity, strength, and proper propulsion in grand allegro combinations.
12. Increase knowledge of ballet terminology in defining all skills practiced in level II.
13. Perform combinations of skills at an intermediate level in adagio, petite and grand allegro, and turn combinations in small groups for the purpose of mid-term and final skill's assessment.

Advanced Ballet (DANC 4242 and 4341) - Students will continue technical ability at the advanced level. They will be expected to:

1. Demonstrate an elevated level of skill and refined awareness of proper alignment in the execution of skills at the barre and center.
2. Demonstrate proper execution and refined use of properly turned out ilio femoral joints in all foot gestures (tendues, dégagés, développés, pas de cheval, frappés, and grand battements).
3. Display the ability to drop the greater trochanter of the femur down and under in the action of external rotation in leg extensions.
4. Engage in dynamic alignment including open shoulder girdle and upper body support in back and front of body.
5. Perform all French and Russian classical body positions and facings with accuracy.
6. Demonstrate a clear understanding of weight distribution in all positions of the feet and proper stance with arches lifted (no rolling over the arches).
7. Execute advanced Adagio skills including smooth port de bras, promenade en dehors or en dedans in arabesque, attitude derriere & devant, développé a la seconde to 90-degree extension or higher, pas de Basque en avant and en arrière, and penché arabesque.

8. Demonstrate the proper execution of turns including en dehors and en dedans multiple pirouettes in retiré passé (minimum of double turns), grand pirouettes in arabesque, attitude derrière and devant, & a la seconde, and piqué en menage.
9. Demonstrate the ability to recombine waltz turn steps, balancé steps and tombé pas de bourrée combinations to include multiple changes of directions, rhythmic complexity, and creative uses of ballet vocabulary.
10. Execute petite allegro combinations with rhythmic clarity, proper placement, and buoyancy with additional steps including brisé, Italian changement, Sissonne ouverte, sissonne doublée, jeté battu, assemblé battu, and entrechat cinq.
11. Perform a variety of advanced grand allegro skills with rhythmic clarity, proper placement and sufficient strength.
12. Display combinations of advanced skills in adagio, petite and grand allegro, and turn combinations for the purpose of mid-term and final skill's assessment.

Mexican Folklórico Dance Technique

Foundations of Mexican Folklórico Dance (DANC 2250 and 2349): Students will demonstrate technical ability at a beginning level. They will be expected to:

1. Follow rhythmic patterns with flat stomps across the floor at a minimum speed of 100 bpm.
2. Perform the "zapateado de tres" (consists of 3 flats alternating right and left, with a 3/4-time signature). Minimum of 100 bpm.
3. Perform a carretilla (consists of a double step alternating right and left) with a minimum speed of 100 bpm.
4. Demonstrate the proper execution of brushes.
5. Demonstrate proper execution of gatillos.
6. Execute basic skirt work such as loops and coordinate with zapateado de tres and carretillas.
7. Display an ability to present combinations of the above skills in groups of no more than 5 for mid-term and final skill's assessment showings.

Intermediate Mexican Folklórico Dance (DANC 3250 and 3349) - Students will demonstrate continued technical ability at an intermediate level. They will be expected to:

1. Follow rhythmic patterns with flat stomps across the floor at a minimum speed of 120 bpm.
2. Perform the “zapateado de tres” (consists of 3 flats alternating right and left, with a 3/4 time signature). Minimum of 120 bpm.
3. Perform a carretilla (consists of a double step alternating right and left) with a minimum speed of 120 bpm.
4. Demonstrate the proper execution of brushes, gatillos.
5. Demonstrate the proper execution of huachapeados, redobles
6. Execute more complicated skirt work such as loops with zapateado de tres, carretillas, huachapeados, and redobles.
7. Display an increased ability to confidently present combinations of the above skills in groups of no more than 3 in mid-term and final skill’s assessment showings.

Advanced Mexican Folklórico Dance (DANC 4250 and 4349) - Students will demonstrate continued technical ability at an advanced level. They will be expected to:

1. Follow rhythmic patterns with flat stomps across the floor at a minimum speed of 140 bpm.
2. Perform the “zapateado de tres” (consists of 3 flats alternating right and left, with a 3/4 time signature) at a minimum of 140 bpm.
3. Perform a carretilla (consists of a double step alternating right and left) with a minimum speed of 140 bpm.
4. Demonstrate the proper execution of more complex combinations of brushes, gatillos, huachapeados, and redobles.
5. Perform more complex combinations with a mixture of all previous movements/footwork with confidence.
6. Demonstrate complex skirt work such as “vueltas de plato”, and complex combinations of skirtwork with zapateado de tres, carretillas, huachapeados, and redobles.
7. Display an advanced execution of the above skills with confidence at an advanced performance level as a solo for mid-term and final skill’s assessment showings.

Spanish Dance Technique

Foundations of Spanish Dance (DANC 2254 and 2353) - Students will demonstrate technical ability at the beginning level. They will be expected to:

1. Demonstrate the ability to maintain proper body posture and body alignment when executing all movements.
2. Execute center work which includes basic footwork using the metatarsal and heels, skirt work, arm movements and wrist movements.
3. Demonstrate simple combinations using arms, skirt work, calls (llamadas) and footwork together accompanied by slow tempo music in 4/4-time signature in the flamenco styles called "Tangos and or Rumba".
4. Demonstrate the flamenco style called Sevillanas" which includes flamenco turns (pasadas, vueltas quebradas) and basic sevillana step in 3/4 time signature.
5. Demonstrate the ability to use the terminology for all the movements in Spanish.
6. Learn simple combinations playing the castanets and eventually adding arm movements while playing.
7. Practice and develop the skill to place emphasis on accents, beats, rhythms, expressions and/or moods and the ability to demonstrate the differences between the styles.
8. Execute "Palmas" (clapping) used for following the rhythm and marking the accents in the music accordingly.
9. Display a combination of skills listed above in a final choreography to be performed at the end of the semester in the final assessment of skills.

Intermediate Spanish Dance (DANC 3254 and 3352) - Students will demonstrate the continuation of technical ability at the intermediate level. They will be expected to:

1. Execute more intricate and lengthy footwork combinations with more strength, coordination, and endurance.
2. Demonstrate arm movements, wrists and turns(vueltas quebradas, pasadas) with more fluidity and style.
3. Demonstrate the properly executed combinations fluidly using arms, wrists, footwork, flamenco turns (vueltas quebradas) calls(llamadas)and skirt work using tempos/styles called "Alegrias and Bulerias".
4. Demonstrate the ability to execute the structure of each style of dance using side to side movement phrasing called (marcajes) calls, time signatures 12 count structures with accents accordingly to style, rhythm, expression or mood and its movements.
5. Identify when to close the phrase and start up again in movement and in the framework of the rhythmic pattern(compas) of each style.
6. Demonstrate the ability to play the castanets in simple fluid combinations along with movements.
7. Utilize the names of all movements in Spanish and know the hand clapping on the correct accents and time signatures for each style.
8. Perform the culmination of combinations in each style in a final choreography at the end of the semester in the final assessment of skills.

Advanced Spanish Dance (DANC 4254 and 4353) - Students will demonstrate the continuation of technical ability at the advanced level. They will be expected to:

1. Execute and recognize all footwork, arm work, wrist work, skirt work, flamenco turns, body positions by name/terminology in Spanish.
2. Demonstrate properly executed combinations fluidly using arms, wrists footwork, flamenco turns (vueltas quebradas), calls (Llamadas), side to side movement phrases (marcajes) and skirt work using tempos/styles called "Alegrías and Bulerías" in 12 count time signatures with the appropriate accents, rhythm, expression or mood according to style, at an advanced level of performance.
3. Demonstrate a more sophisticated sensitivity to music by identifying when to enter into the rhythmic pattern for each style, when to call, when to place footwork, when to close, when to do side to side (stage right and left traveling) movement phrases on the correct beat in 12 count rhythm (compas).
4. Play the castanets with full body movement phrasing and rhythmic accuracy.
5. Demonstrate the ability to do hand clapping (palmas) on correct accents, beat (compas) for each style for peers while taking turns in groups.
6. Develop an increased ability to perform all styles with confidence and increased artistry.
7. Engage in a deeper utilization of Spanish terms of movements and more precision in hand clapping on the correct accents and time signatures of each style.
8. Perform the final choreography, which is a culmination of all styles, at an advanced level for the final skill's assessment showing.