

*Let Us Praise Him
with Dance*



PSALM 149:3



Learning Objectives

At the end of the lesson, at least 75% of the learners are expected to:

- Identify the Contemporary Dance
- Enumerate the different Genres of Contemporary Dance
- Execute the different Genres of Contemporary

Contemporary Dance and Modern Dance





MODERN DANCE

MODERN DANCE

- a creation of movements to match a dancer's feelings and purpose.

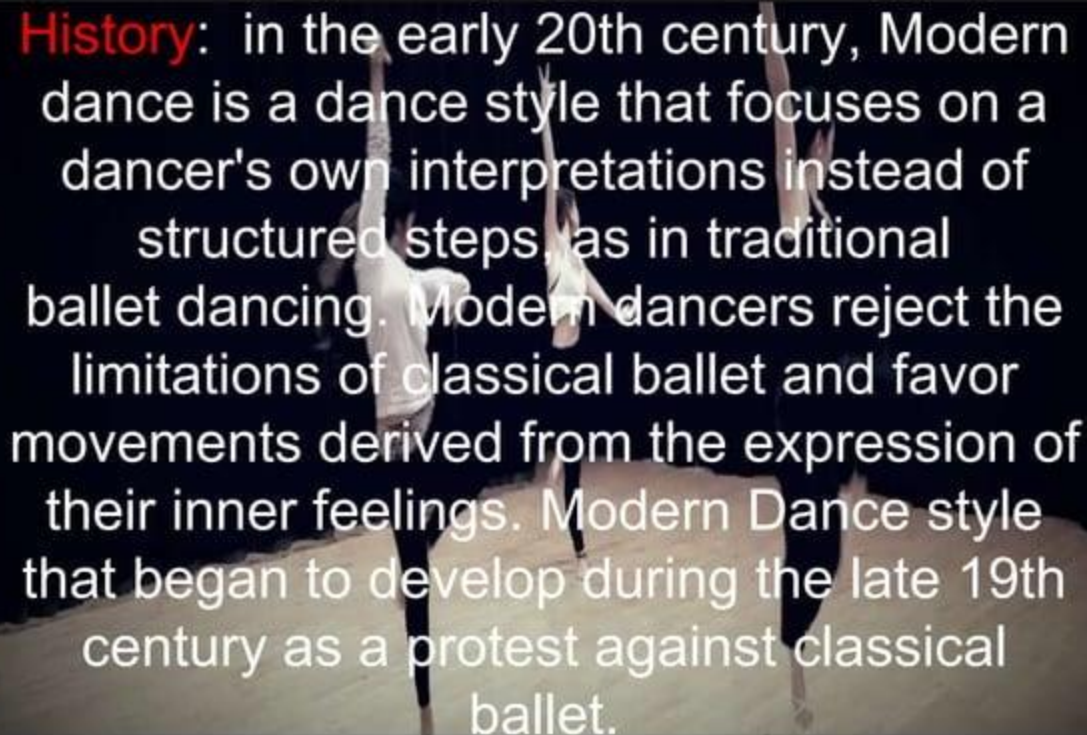


MODERN DANCE



-is a broad genre of western concert or theatrical dance, primarily arising out of Germany and the United States in the late 19th and early 20th centuries.

MODERN DANCE

A photograph of three dancers in white leotards performing modern dance on a stage. They are captured in a dynamic pose, with their arms raised and bodies arched. The background is dark, and the stage floor is light-colored.

History: in the early 20th century, Modern dance is a dance style that focuses on a dancer's own interpretations instead of structured steps, as in traditional ballet dancing. Modern dancers reject the limitations of classical ballet and favor movements derived from the expression of their inner feelings. Modern Dance style that began to develop during the late 19th century as a protest against classical ballet.

MODERN DANCE

PURPOSE: Modern dance flourished in areas that lacked strong ballet traditions, such as in the United States where ballet companies were imported from Europe. Although modern dance originated in Europe, by 1930 the United States had become the center for dance experimentation.



FIVE EXAMPLES OF MODERN DANCE





Ballet



Balleturlesque



Ballroom



Belly Dancing



Jazz

BENEFITS ON
DOING MODERN
DANCE
(PHYSICAL AND
HEALTH)



➔ Stronger bones and reduced risk of osteoporosis.



➔ Better coordination, agility and flexibility



- Improved balance and spatial awareness.



- Increased physical confidence.





CONTEMPORARY DANCE

CONTEMPORARY DANCE

-is a style of **expressive dance** that combines elements of several dance genres including modern, jazz, lyrical and classical ballet.



CONTEMPORARY DANCE

-Stresses **versatility and improvisation**, unlike the strict, structured nature of ballet.

Contemporary dancers focus on floor work, using gravity to pull them down to the floor. This dance genre is often done in bare feet. Contemporary dance can be performed to many different styles of music.



Genres of Contemporary Dance

Jazz - jazz dancing is form of dance that showcases dancer's individual style and originality.

Modern - modern dance is a dance style that centers on a dancer's own interpretations instead of structured steps, as in traditional ballet dancing.

Classical Ballet - focuses on legwork, precision and rhythm.

Lyrical hip hop - is a fusion of techniques with choreography that follows not only the beat of the music, but also the rhythms of the lyrics in a song to express emotion.

8 ELEMENTS

- **THEME** – most basic element of a dance.
- **DESIGN** – pattern of movement in time and space
- **MOVEMENT** – the bodily actions of the dancer that includes his steps
- **TECHNIQUE**- the skill of movement executed by the dancer
- **MUSIC** – the auditory background to which a dancer moves

- **COSTUME and BODY PARAPHERLANIA-** properties worn by the dancer that help reflect the message, customs and beliefs.
- **CHOREOGRAPHY** – the figures and steps in dancing that enable the dancers to perform in an organized manner
- **SCENERY** – the background or setting where the dance is performed to make it more realistic and enriching.

CONTEMPORARY DANCE

History: It began at the start of the **20th century** when

US dancer Isadora Duncan (1878–1927) broke away from ballet and developed her own, more natural style.



CONTEMPORARY DANCE



Purpose: is to let the dancer express his or her inner emotions to the audience. The dancer tells a story to the audience that is generally sad or depressing in hopes of making them an emotion.

CONTEMPORARY DANCE

The main features of Contemporary Dance are the use of parallel in the legs, curving, twisting and tilting the spine, as well as abstract gestures and embracing gravity in the use of floor work



1. Graham



2. Cunningham



3. Limon



Martha Graham

- May 11, 1894 – April 1, 1991
- Martha is considered to be a legend in dance history, just like Picasso is considered to be in art history.
- Martha earned the honor of being the first dancer to perform at the White House.
- She even received a Medal of Freedom.



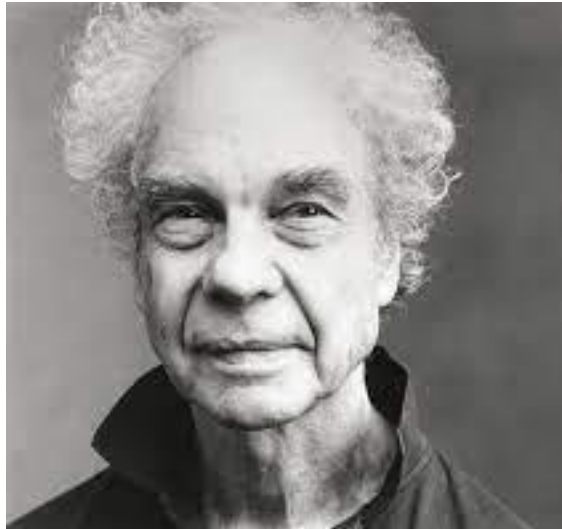
Merce Cunningham

□ April 16, 1919 – July 26, 2009

□ Father of Contemporary Dance

□ Merce developed an attitude to his style of dance.

□ Merce used chance, unconventional spaces and unpredictability.



José Arcadio Limón was a dancer and choreographer from Mexico and who developed what is now known as 'Limón technique'. In the 1940s, he founded the José Limón Dance Company, and in 1968 he created the José Limón Foundation to carry on his work.



Born: January 12, 1908
Died: December 2, 1972

Notable figures in Philippine Dance

ALICE REYES

- National Artist for Dance (1970)
- “The Mother of Contemporary Dance”





IT'S OVER

**THIS MIND NUMBING POWERPOINT PRESENTATION
IS FINALLY OVER**