

**Cedar Crest College      Department of Theatre, Speech & Dance**

**Course No. DNC - 213 00 2/311 00 2**

**Course Name: Intermediate Ballet/Advanced Ballet**

No. of Credits: 1.5

Term: Spring

Academic Year: 2007-08

Instructor: Margo Clifford Ging - Ext. 3545

Email: [mcing@cedarcrest.edu](mailto:mcing@cedarcrest.edu) -

Classes Held: Mon/Wed 1:00-2:15/2:30-3:45

Office hours by appointment

*COURSE DESCRIPTION*

DNC-213 00 2/311 00 2 is an Inter/Advanced technique course in ballet with emphasis on an awareness and efficiency of body movement for effective expression as a performing artist.

*PRINCIPLE TEXT*

Title: Inside Ballet Technique

Author: Valerie Grieg

Publisher: Princeton Book Company

ISBN: 0-87127-191-5

*COURSE OBJECTIVES*

This course is designed as the second semester of a two semester sequence; it is an inter/Adv level graded technique curriculum.

At the successful completion of this course, the student will demonstrate an intermediate level acquisition and comprehension of the following:

- ❖ Knowledge of the concepts, terminology, and techniques of ballet.
- ❖ Evidence of a physical understanding of correct body alignment and placement as it relates to ballet technique.
- ❖ Evidence of a physical understanding of continuity in movement with regard to upper and lower body halves. (*Coordination*)
- ❖ Evidence of a physical understanding of the concept of center of gravity and its application of weight shifts and locomotor movements.
- ❖ A sense of internal and external body focus.
- ❖ The ability to learn rapidly and retain movement sequences.
- ❖ The ability to phrase/connect separate movements into an integrated whole. (*Flow*)
- ❖ Evidence of an understanding of how to achieve greater clarity and range in movement and performance with regard to the following areas: spatial awareness, definition of line and form, movement quality, physical and emotional dynamics, rhythmical acuity/musicality, and physical development of strength, flexibility and endurance.

- ❖ Evidence of an understanding of the discipline, motivation and concentration requisite to becoming a highly skilled technician and performer.
- ❖ The ability to understand and apply corrections.
- ❖ The ability to employ self-evaluations skills.

#### *METHOD*

Since this is a dance technique course, the students learn through practical application of ballet movements. The instructional methods include physical demonstrations and verbal explanations, comments and corrections. Additionally, students will complete writing assignments as prescribed.

#### *LIBRARY*

According to individual needs and interests, supplemental reading and video viewing are recommended.

#### *COURSE OUTLINE*

##### Class Format

1. Pre-barre warm-up
2. Barre
3. Center
  - a. Adagio
  - b. Pirouettes
  - c. Petit sautes and petit allegro
4. En Diagonale
  - a. Grand Allegro
  - b. Tours
5. Reverence
6. Occasional Floor Barre'

#### *WRITING ASSIGNMENTS*

Students will be asked to keep a journal of their personal observations on a given subject.

#### *FINAL PRACTICAL EXAMS*

Students are formally examined on the execution of ballet movements, exercises, combinations or variations.

#### *EVALUATION*

The final grade will be determined as follows: daily work in class including attendance, demonstrated ability, progress, skill acquisition (technical and artistic), evidence of a healthful approach toward maintaining the optimal physiological and aesthetic requirements for dance, participation in department sponsored classes/special events and concerts sponsored by Cedar Crest College, and interest in self-improvement as evidenced by scheduling conferences with the instructor. 65%

Writing Assignments	20%
Final Practical Examination	15%

#### GRADING SCALE

93-100	A	73-76	C
90-92	A-	70-72	C-
87-89	B+	67-69	D+
83-86	B	60-66	D
80-82	B-	Below 60	F
77-79	C+		

#### PROPER ATTIRE

Women: Solid colored leotard, pink tights, pink ballet slippers.

All Students:

1. No loose, large jewelry - i.e. earrings bracelets, necklaces, rings.
2. NO GUM CHEWING OR EATING OR DRINKING IN THE STUDIO.
3. No leg warmers, sweat pants, sweaters or loose fitting clothing which obstructs the view of the instructor. Dance sweaters are allowed.
4. Hair must be neatly secured off face and neck (no long, loose ponytails).

**ANY STUDENT NOT DRESSED APPROPRIATELY WILL NOT BE ALLOWED TO TAKE CLASS THAT DAY.**

#### **Attendance**

More than two unexcused absences during the course of the semester will adversely affect your grade. After more than four absences or non-physical class participation (for any reason) you must withdraw or fail. If you are anticipating an extended absence due to illness or injury, contact the faculty immediately. If illness or injury does prevent you from participating in class on a given day, and you are physically able, you are strongly encouraged to observe class. You are allowed no more than four consecutive class observations after which you must withdraw or fail. It is the student's responsibility to contact the professor personally if any of these situations occur. Keep the lines of communications open; discuss any conflicts you may have with the professor before taking any drastic measures.

## **PROTOCOL**

If any student has a particular concern with any of the faculty, the student should go directly to the party with whom there is a concern. If, after doing so the grievance has not been resolved, the student may then go to the director, Robin Gerchman. If the situation continues to be unresolved, the student should then contact the chair of the department, Roxanne Amico.

## **Class Behavior**

Appropriate behavior is implicit in the Cedar Crest Honor Code. Such behavior is defined and guided by complete protection for the rights of all students and faculty to a courteous, respectful environment. That environment is free from distractions such as late arrivals, early departures, inappropriate conversations and any other behaviors that might disrupt instruction and/or compromise students' access to their education.

**INSIDE BALLET TECHNIQUE  
READING ASSIGNMENT**

January 28, 2008  
Introduction and Chapter 1

February 4, 2008  
Chapter 2, pgs. 5-10 – Stop at A Word About Stretching

February 11, 2008  
Chapter 2, pgs. 10-14

February 13, 2008  
**TEST DUE** – Answer questions at end of Chapter 2

February 18, 2008  
Chapter 3, pgs. 15-25 – Stop at The Dancer's Stance

February 25, 2008  
Chapter 3, pgs. 25-30 – Stop at Some Postural Muscles of the Trunk

March 10, 2008  
Chapter 3, pgs. 30-34

March 12, 2008  
**TEST DUE** – Answer questions at end of Chapter 3

March 17, 2008  
Chapter 4, pgs. 35-41 – Stop at Square Hips? In Battements Tendus and High. . .

March 26, 2008  
Chapter 4, pgs. 41-45 – Stop at Postural Muscles of the Hip

March 31, 2008  
Chapter 4, pgs. 45-48

April 2, 2008  
**TEST DUE** – Answer questions at end of Chapter 4

April 7, 2008  
Chapter 5, pgs. 49-57 – Stop at Claiming Our Heritage

April 14, 2008  
Chapter 5, pgs. 57-63

**TEST DUE** – April 21, 2008 – Answer questions at end of Chapter 5

"Inside Ballet Technique" is an excellent guide for anyone who wishes to understand ballet technique more thoroughly through the lenses of anatomy. Ballet Book Review. This is the second of my ballet book review series. "Inside Ballet Technique" by Valerie Grieg was published in 1994 and that was the same year that I purchased it. It continues to be an excellent guide for any dancer, teacher or ballet parent who wishes to understand ballet technique more thoroughly through the lenses of anatomy. Inside Ballet Technique. 12,350 likes · 61 talking about this. This is a site for ballet enthusiasts, students, and teachers. Admin: Tammy... See more of Inside Ballet Technique on Facebook. Log In. or. Create New Account. See more of Inside Ballet Technique on Facebook. Log In. Forgotten account? Inside Ballet Technique | Professional advice for teachers and dancers. Inside Ballet Technique's best boards. Truly so. Tammy Rhoades-Baldwin 154 Pins.