EXST030: Dance Improvisation  
Summer 2019

Instructor:  
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Class Meets:  
M-F July 15-26th, 9:30a-12:30p

Location: PAC Dance Studios

Office Hours: by appointment or after class

Course Policies:
- Students will be respectful towards peers, the instructor, and the dance space
- Students will participate actively and to their fullest potential in class exercises and assignments
- All electronic devices should be turned off and put away before class time begins. They are not to be used at any time during the class period.
- Students must be on time and present for the entire duration of each class. If you have a reason for unavoidable absence, lateness or leaving early, please contact the instructor immediately.

Course Content:
Each class will include a beginning warm up and ending cool down. Three straight hours is a long time to stay physical and creatively engaged for young dancers, and this course will be highly physical and dance-centric. Students will be encouraged to stay hydrated, given a snack break, as well as rest moments when needed. By the end of the course, each student's individual capacity for both physical and creative endurance will have increased.

Each class will include new ideas and explorations in dance improvisation, while also repeating and practicing ideas from the previous class(es). We will work toward a collaborative performance project, where dance improvisation ideas are used for the creative process (making a dance together). We will share our final project in an informal showing at the end of the course.

Day 1
- Welcome and introductions via movement improvisation games
- Introduction to physical practice modes
- Introduction to dance improvisation and open movement scores

Day 2
- Physical practice modes continued
- Dance improvisation tasks, prompts, and games
- Exploration of levels, general space and self space
- *Assignment 1 - designing and collaging your dance journal

Day 3
- Sharing of Assignment 1
- Continued exploration of physical practice modes
- Continued exploration of dance improvisation tasks, prompts, games, scores
- Continued exploration of levels, general space and self space

Day 4
- Continued exploration of physical practice modes
- Continued exploration of dance improvisation tasks, prompts, games, scores
- Continued exploration of levels, general space and self space
- Sound, rhythm, voice, and timing in dance improvisation

Day 5
- Continued exploration of physical practice modes
- Continued exploration of dance improvisation tasks, prompts, games, scores
- Continued exploration of levels, general space and self space
- **Introduction to structured and composition dance improvisation**
- *Assignment 2 - Movement Background/Heritage Project*

*Enjoy your weekend!!*

Day 6
- Sharing of Assignment 2
- Continuation of work in classes 1-5
- **Focal points and Ensemble Thinking**
- **Dance Improvisation and Creative Process**
  *(This will be the component that connects to our class collaboration/performance project, which we will share at the end of our last class)*

Day 7
- Continuation of work in classes 1-6
- **Contemplative Movement Practices**
- Dance Improvisation and Creative Process (Class collaboration/performance project)

Day 8
- Continuation of work in classes 1-7
- Dance Improvisation and Creative Process (Class collaboration/performance project)
- Dance film viewing

Day 9
- Continuation of work in classes 1-8
- Dance Improvisation and Creative Process (Finalizing class collaboration/performance project)

Day 10
- Last class! Full exploration of all ideas covered in our Dance Improvisation course together
- 12-12:30p - we will share our process and class collaboration project. This is an informal performance for parents/guardians, friends and family, that celebrates the growth and discovery experienced by the students.

**Course Requirements:**
- Journal/Notebook (preferably a medium to larger size) and writing utensil
- **Attire:** Clothing that is comfortable enough to move freely and comfortably, and is reasonably fitted (i.e., nothing too tight or too loose). Pants or leggings will assist with ease of floor material (you may also consider bringing knee pads). No “short-shorts”, or jeans, please! We will almost always dance barefoot, but occasionally socks will be allowed, at the discretion of the instructor. If something prevents you from dancing barefoot, please communicate with me. No dangling jewelry that may be dangerous to you or your fellow dancers.
- **Water:** Please, Bring water in a closeable bottle for good hydration during class! Unless you need to for health reasons (and let me know if this is the case), no eating during class. **Do not chew gum during class.**
- As it pertains to class exercises, students may be asked to bring in simple art materials and collected scrap materials.
Injury Policy:
Throughout the course students will have assignments with various degrees of physical activities. While it is expected and encouraged that students will participate and invest wholeheartedly in every exercise, notify the instructor as soon as possible about any physical limitations or injuries that will affect participation.

In the case of an injury, it is the responsibility of the student and parent/guardian to report the injury to the health center or family doctor as well as keep their instructor informed about treatment and prognosis. The student will:

- Meet with the UMD Health Center/family doctor for evaluation
- Schedule recommended doctor’s appointments
- Observe class, follow exercise rehabilitation plan developed with a medical professional
- Begin to take partial class as soon as able
- Take full class with modifications
- Fully participate in class

Physical Touch:
Movement classes sometimes involve “hands on” work as part of the learning process within instructor-to-student guidance. This class will at times involve tactile, hands-on corrections and training. We will also work in partners and small groups with introductory modes of training that involve student-to-student physical contact and partner work. Informing your body via tactile cues, and objective physical interaction with peers is an integral part of many dance classes. If you are unsure of what this means or are not comfortable with this type of work, please speak with your instructor privately. Our comfort level with physical touch and tactile learning can change. We will always ask each other and clearly express if physical contact and tactile work is okay, for every class that it is included in. Please inform me at the beginning of class if you know you are not okay with “hands-on” work on a particular day.