

CONTEMPORARY DANCE

1) Latvian Dance (fall and spring)

During the study course students get acquainted with the culture of Latvian ethnographic and Latvian folk and stage dance, as well as tendencies of contemporary choreographers. Practical and theoretical knowledge allows to create the choreography of Latvian folk dance.

2) Classical Dance (fall and spring)

During the study course students master the basics of classical dance in the practical part, while the acquired theoretical knowledge allows students to understand the importance of the basic elements of classical dance through in depth learning of abilities of human body, as well as to see parallels with other dance genres.

3) Dance Styles of Hip-hop Culture (fall and spring)

Hip-hop (old school, new school) basics, variations, composition, technics, teaching methodic, freestyle improvisation, dance battles, judging system), house dance, vogue, Dancehall, popping, top rock). Program provides learning of these dance techniques, as well as teaching methodology.

4) Jazz Dance (spring)

Program provides learning of jazz dance techniques, as well as teaching methodology (classical jazz dance and contemporary jazz dance – basics, variations, composition, technique, teaching methodology).

5) Dance Improvisation (fall and spring)

Students improve their ability to unfold and trust themselves and their partners. They learn listening and sharing skills, recognizing themselves as part of a group and communicating through dance elements: time, space, energy

6) Psychology of Creativity (fall)

Creativity in dance improvisation for choreography. Students learn the basics of improvisation techniques, contact dance, team work and dance production. Through creative games and dance performances, they are experimenting to find new, creative ideas for dance choreographies.

7) Music Programming (fall)

The installation of dance performances in the Vegas Pro system, the foundations of musicality and the theory of correct music assembling, audio formats, optimization, rendering, conversion, and copyright. The program anticipates that a dance teacher is able assemble music for his choreographies and transfer it to different formats.

8) Body Positioning (fall)

The course provides knowledge of the vertical axis in the body and the functionality of the body in motion by studying the effectiveness of movement in individual parts of the body - center of gravity, head, backbone, arms, legs and their interconnections through the vertical.

9) Visual Communication (spring)

The course calls for the development of compositional skills and abilities in the specialty - in the contemporary dance, highlighting research on dance elements: time, space, energy. In the process of work, students enter both the role of the artist and the role of the viewer, thus, learning how imagination leads to the real flow of information to the viewer - visual communication.

10) Contemporary Dance (1st, 2nd, 3rd, 4th semester)

The course introduces the basic principles of contemporary dance based on the release technique.

1st semester: (without prior knowledge) (fall)

Topics to be acquired:

Excessive strain release in the joints and muscles;

Relationship with the floor;

Swings;

Fall and recovery;

Fall and rebound;

Traveling through the space.

11) 2nd semester: (with preliminary knowledge) (spring)

Topics to be acquired:

Opposition;

Spiral motion in the spine;

Energy presence in the dance and directions in the space.

3rd semester: (with preliminary knowledge) (fall)

Topics to be acquired:

Energy deliberate exchange to develop speed;

Conscious use of spiral motion in the spine to move easily and freely in the room, adjusting speed at will;

Stability and mobility in the vertical;

Direction in space and motion amplitude

12) 4th semester: (with preliminary knowledge) (spring)

Topics to be acquired:

Strength and length in legs;

Choreographic memory;

Dance-ability;

Risk;

The logic of movement in the body;

Conduct of 40 min long training session.