

MODERN Dance



Lesson 1: Modern Dance History Articles

Below is information on the history of modern dance. It includes some videos that will identify the techniques and styles of each pioneer.

<https://artsintegration.com/wp-content/uploads/2015/05/Modern.pdf>

<https://1.cdn.edl.io/h3FxOXek1tJS0VZJOI06crnTDLvynL4PZNeXUDuLPKf1ijFW.pdf>



Lesson 2: Modern Technique

Below are some techniques that you can try or observe. They are some of the artists that are mentioned in the history. There are five different styles but feel free to explore some of the other sites. I challenge you to a 30 minute dance class daily.

Resources:

Day 1 - This will get you stretched out and ready for Modern Technique:
Pilates

<https://www.youtube.com/watch?v=yDDFS1kPpII&t=143s>

Day 2 - This will introduce basic modern floor barre before working out:
Modern dance floor barre

<https://youtu.be/gFxesYqTL2Q>



Day 3 - Graham Technique

<https://www.youtube.com/watch?v=dX7YQxn7HVw&t=89s>
<https://www.youtube.com/watch?v=dX7YQxn7HVw&t=89s>
<https://www.youtube.com/watch?v=dX7YQxn7HVw&t=89s>

Merce Cunningham - studied under Martha Graham before starting his own company

<https://youtu.be/9Wtnl32uvM4>



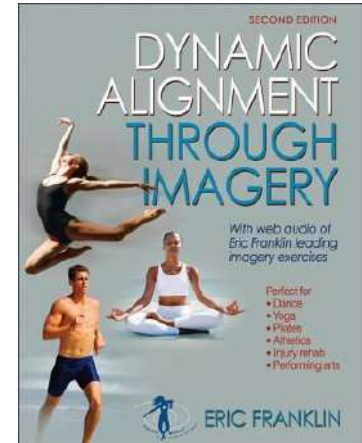
Day 4 - Limon for Beginners

<https://www.youtube.com/watch?v=3KewCcqtBTE&t=53>

In the text book it mentioned methods of teaching to train the body correctly. Franklin Method is a great way of understanding the body from a dancer's point of view. Eric Franklin is a dancer and understands the body from that perspective. The website below offers all kinds of exercises that help the dancer to strength or correct areas of the body that need it.

Franklin Method

www.FranklinMethod.com



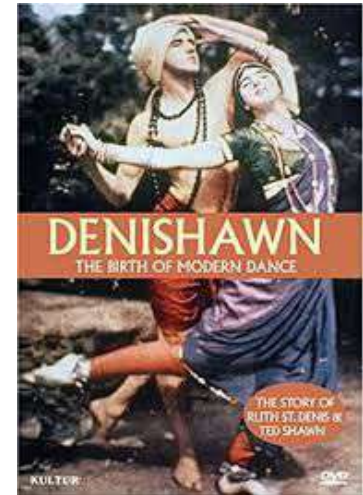
Lesson 3: Ruth St. Denis and Ted Shawn

This is a video that introduces Ruth St. Denis.

The next video is the description of Jacob's Pillow that Ted Shawn founded for rehearsal and performances.

https://www.youtube.com/watch?v=42Hc6pvnI8A&feature=emb_logo

https://www.youtube.com/watch?v=3I1bLELmSeo&feature=emb_logo



Lesson 4: Martha Graham

Watch this short tribute to Martha Graham

https://www.youtube.com/watch?v=LQXSzZoq78U&feature=emb_logo

