MODERN/CONTEMPORARY DANCE INFORMATION
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Modern Dance – 20th century Art Form that began as a reaction/rebellion against the rules of Classical Ballet and political reform movements inspired by end of the 19th and beginning of the 20th centuries.

Post-Modern Dance – Shift in the 1950’s toward non-narrative choreographic content, non-traditional sites of performance and changes in technical styles that embraced pedestrian movements.

Isadora Duncan – considered the “Mother of Modern Dance.”

MODERN and POST-MODERN DANCE TECHNIQUE STYLES

*GRAHAM TECHNIQUE – Martha Graham – Contraction, Triplet

*LIMON TECHNIQUE (from DORIS HUMPHREY) Jose Limon – Fall & Recovery

CUNNINGHAM TECHNIQUE – Merce Cunningham

*LEWITZKY TECHNIQUE – Bella Lewitzky, Horton dancer and colleague

*HORTON TECHNIQUE – Lester Horton – Developed by Horton and Lewitzky. Primary technique used by the Alvin Ailey Company.

NEW DANCE – British Post-Modern Dance shift that occurred in the 1960’s.

PILOBOLUS DANCE THEATRE – Post-Modern company most responsible for non-traditional partnering

RELEASE TECHNIQUE – Contemporary post-modern dance technique where the weight of the body is applied to create, suspend, or alter the movement in reaction to the pulls and tensions placed on the body by the force of gravity, this includes the forces of momentum, suspension, falling and rebounding.

GAGA – Post-modern dance technique originated by Ohad Naharin, artistic director of Bat-Sheva Dance Company, that seeks to free body from habits and tensions.

SOMATIC STUDIES – Body Therapy Systems often integrated into Post-Modern Dance Technique Classes

*BARTENIEFF FUNDAMENTALS – Developmental Patterning Exercises created by Irmgard Bartenieff and part of the Laban Movement Analysis System to promote integrated body connectivity.

DEVELOPMENTAL PATTERNS – BREATH
  CORE-DISTAL
  HEAD-TAIL
  UPPER-LOWER
  BODY HALF
  CROSS LATERAL

ALEXANDER TECHNIQUE – Body Therapy system focusing on the Head/Neck relationship and identifying and inhibiting patterns that contribute to tension and pain.

BODY MIND CENTERING – Somatic system that works with to support full embodiment, with the support and awareness of the multiple underlying body systems.