

## INTERNATIONAL DANCE CONSERVATORY BALLET FOLKLÓRICO PROGRAM

YEAR	FALL	SPRING
<b>Year 1 – 9<sup>th</sup> Grade</b>	Classical Ballet I/II Ballet Folklórico Technique Ballet Folklórico Repertory Flamenco Modern	Classical Ballet I/II Ballet Folklórico Technique Ballet Folklórico Repertory Flamenco Modern
<b>Year 2 – 10<sup>th</sup> Grade</b>	Classical Ballet I/II Ballet Folklórico Technique Ballet Folklórico Repertory Flamenco Modern Choreography Composition	Classical Ballet I/II Ballet Folklórico Technique Ballet Folklórico Repertory Flamenco Modern Choreography Composition
<b>Year 3 – 11<sup>th</sup> Grade</b>	Classical Ballet I/II Ballet Folklórico Technique Ballet Folklórico Repertory Flamenco Modern History of Dance	Classical Ballet III/IX Ballet Folklórico Technique Ballet Folklórico Repertory Flamenco Modern Understanding the Folklórico Genre
<b>Year 4 – 12<sup>th</sup> Grade</b>	Classical Ballet III/IX Ballet Folklórico Technique Ballet Folklórico Repertory Flamenco Modern	Classical Ballet III/IX Ballet Folklórico Technique Ballet Folklórico Repertory Flamenco Modern

## INTERNATIONAL DANCE CONSERVATORY BALLET FOLKLÓRICO PROGRAM

### CLASSICAL BALLET I/II

The goal of this course is to educate students on the fundamentals of ballet technique. Students will build a foundation in ballet through barre work, exercises center floor and progressions across the floor. Students will learn and be evaluated on ballet terminology. This course will also include core strength and flexibility exercises to support and improve all aspects of Ballet Folklórico.

### CLASSICAL BALLET III/IV

This course will further develop the technical ballet skills that are necessary for Ballet Folklórico. Students will be challenged with barre, center and progressions across the floor at a more advanced level. Students will focus on strength, balance and increasing flexibility. Vocabulary will expand to include kinesiology terms for students to better understand the origin and core of the movement being executed. Students will be able to apply their ballet training in all Ballet Folklórico classes.

### CHOREOGRAPHY COMPOSITION

The focus of this class is to prepare students to explore and take on creative ownership of their artistic voice as choreographers. Each student will experiment with various styles of dance and themes to develop both performance and compositional skills through solo and group choreography assignments. Maintaining a safe environment for experimentation and collaboration with other dancers is a vital element of this class.

### DANCE HISTORY

Students will read, write, think, speak and create as they explore the history of dance, and examine the influence of aesthetics, culture and media on the development of dance as an art form. Movement vocabularies, choreographers and periods of dance will be studied through lecture, video and creative analysis, as they observe, discuss and respond to innovations in movement and art, and examine dance in contemporary society. Dance forms covered will include royal court dance, ballet, modern and world dance.

### FLAMENCO

This class will study the various flamenco styles of dance. Students will learn the footwork, arm/hand movement technique, turns, hand clapping and castanets. They will work on choreography variations to better understand the different types of flamenco dance movements such as Tangos, Alegrias, Bulerias and much more.

### FOLKLÓRICO REPERTORY LEVEL II

This is an intermediate to advance course expanding choreographic experience by learning repertoire of folk dances of the various states and regions of Mexico. Students will learn footwork, upper body movement including skirt work, style and/or nuances particular to region of study and folklórico terminology. Historical and cultural context of each region will be reviewed and studied through lecture and video to develop and understanding of Mexican folklore.

### FOLKLÓRICO REPERTORY LEVEL I

This is an advance course expanding choreographic experience by learning repertoire of folk dances of the various states and regions of Mexico. Students will learn footwork, upper body movement including skirt work, style and/or nuances particular to region of study and folklórico terminology. Historical and cultural context of each region will be reviewed and studied through lecture and video to develop and understanding of Mexican folklore.

**FOLKLÓRICO TECHNIQUE (TECNICA)**

This course will build a foundation of *tecnica* where corporal expression will not be separate from a grounded understanding of specific movements and concepts required for ballet folklórico. Understanding what *tecnica* signifies, requires incorporating different styles of dance *technique* but specifically incorporating and applying them in Mexican dance. Students will learn different dance technique including *tecnica RAZA* to engage in developing their own interpretations of what technique means. Finally, a critical view of established techniques will also be studied.

**MODERN DANCE LEVEL II**

This course includes the fundamental concepts, skills, movement vocabulary, and artistic expression specific to modern dance. Students will focus on movement from the inside out, encouraging use of breath, energy and connection. Class exercises and activities will challenge the dancer to move in new and unconventional ways.

**MODERN DANCE LEVEL I**

This course includes the intermediate concepts, skills, movement vocabulary, and artistic expression specific to modern dance. Class exercises and activities will challenge the dancer to move in new and unconventional ways with a more advance technical proficiency. Students will demonstrate at a developed level skill in the performance qualities of intention, expression, focus, dynamics, and musicality.