

Objective

By the end of this lesson, you will have an understanding of the history and significance of contemporary dance in relation to social and cultural contexts.

Materials and Prep

- No materials required.
- Prior knowledge of basic dance terminology is helpful but not necessary.

Activities

1. **Research and Presentation:** Choose a contemporary dance style or choreographer that interests you. Research their background, influences, and notable works. Create a short presentation to share with your family or friends, highlighting what you learned.
2. **Choreography Challenge:** Create your own contemporary dance routine. Think about the emotions you want to convey and the movements that reflect those emotions. Perform your routine for someone and ask for feedback on how well your movements express your intended emotions.
3. **Watching Performances:** Watch videos of contemporary dance performances online. Pay attention to the different styles, music choices, and themes explored. Write down your thoughts and impressions after each performance.
4. **Interview a Dancer:** If possible, reach out to a contemporary dancer or dance instructor for a short interview. Prepare a list of questions about their experiences, training, and their thoughts on the importance of contemporary dance in today's society.

Talking Points

- "Contemporary dance is a style of dance that emerged in the mid-20th century and continues to evolve today."
- "Contemporary dance is known for its fluid and expressive movements, often incorporating elements from other dance styles and art forms."
- "Contemporary dance can be influenced by social, cultural, and political contexts, as well as personal experiences of the choreographers and dancers."
- "Contemporary dance allows for creative freedom and individual expression, encouraging dancers to explore their unique movement qualities."
- "Many contemporary dance pieces explore themes such as identity, relationships, social issues, and emotions."

- "Contemporary dance performances can take place in theaters, galleries, outdoor spaces, or even non-traditional venues."
- "Contemporary dance has a rich history with influential choreographers like Martha Graham, Merce Cunningham, and Pina Bausch."
- "Contemporary dance can be a powerful means of communication, conveying messages and emotions without words."
- "Contemporary dance offers opportunities for collaboration with other artists, such as musicians, visual artists, and designers."
- "Contemporary dance has the ability to challenge traditional dance norms and push boundaries, encouraging new ways of thinking about movement and performance."