

Modern Dance Zone



for Modern Movers and Groovers

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Modern dance is a fun way to develop dance with music, rhythm and great moves.

At Janis Anderson School of Dancing we have just launched modern dance with the ISTD.

What is Modern Dance?

- Modern training gives you great poise with a good sense of performance.
- The rhythmic content of the work ensures excellent musicality and development of many different music styles.
- Your body will strengthen and develop extension to the legs and the joints with stretching and strengthening combined.
- Modern is energetic, challenging and fulfilling, giving a sense of fun and well-being to all.

Here is some of the basic things you need to know about modern;

1. **Clothing** - catsuits are to be worn when taking an exam but jazz pants and Janis Anderson T-shirt are fine in class.
2. **Shoes** – bare feet for the younger grades and then Jazz shoes are needed as they move up through the grades.
3. **Posture** – The way you stand in modern is very similar to ballet and tap, standing tall with your weight slightly forward over your toes. Pull in the tummy muscles and tuck under your seat muscles, arms relaxed and chin and eyeline well lifted.

4. **Rhythm** – every grade has a set rhythm in which you need to know the note values, and the different styles of music to create rhythmic and musical dancers.
5. **Floor Exercises** – these exercises are training us by strengthening and stretching the body in a safe way as we are non weight bearing on the floor these exercises develop eventually to standing and are a great way of injury prevention.
6. **Combination Steps** – are a number of steps added together to make a dance sequence which can be danced to any music the teacher or child chooses.
7. **Dances** – For every exam grade there are two dances to be performed - a set dance and one that is choreographed by your teacher, usually there are two different styles ie. Lyrical and Jazz.
8. **Artistry** – this is the most important thing for me - the way you perform all your dances and exam work, the way the music makes you feel is a good way - sometimes it makes us smile, other times it sound a bit sad ie Grade Two set dance, so please come to class wanting to perform and enjoy yourselves!!!!

Please now click to your grade/level and find out all you need to know for your exams: [Primary](#) - [Grade 1](#) - [Grade 2](#) - [Grade 3](#) - [Grade 4](#) - [Grade 5](#) - [Grade 6](#)

Primary Modern

Rhythm Section

A primary is expected to listen to music and respond with instruments.

All work is set and is to be performed to a very high standard.

Grade One Modern

Rhythm Section

1 2 3 4 &5 (miss 6 7 8)

Clap 2 times

Mark 2 times

Dance 4 times

All work is set and is to be performed to a very high standard

Grade Two Modern

Rhythm Section

1&2 3&4 5 6 7 (miss 8)

Clap the rhythm with out music

Dance 4 times through

Introduction of combination steps.

All work is set and is to be performed to a very high standard.

Grade Three

Rhythm Section

Unset Rhythm

Clap 4 bar phrase twice and mark twice.

Here are the note values needed;

Whole note holds for 4 whole counts



Half note holds for two counts, there are 2 half notes to each bar



Quarter note on every beat, 4 quarter notes to each bar



Eighth notes these notes can be clapped even &1&2&3&4 etc or with an accent &1&2&3&4 etc.



Set Rhythm

1 2 3&4 5 6 7&8 1 2 3&4 5 (miss 6) &7 (miss8)

Clap the rhythm with out music

Dance 4 times through

Combination steps are developed and performed to unset music

All other work is set and is to be performed to a very high standard.

Grade Four Modern

Rhythm Section

Unset Rhythm

New 12th Notes

Counted &a1 &a2 &a3 &a4 etc

Missed beats are introduced on any beat of the bar

Phrase will be clapped twice and marked twice

Set Rhythm

1 (2) 3 4 (5) 6 7 8 (1) 2&3 4&5 6 7 (8)

Clap the rhythm with out music

Dance 4 times through

Combination steps are developed and performed to unset music

All other work is set and is to be performed to a very high standard.

Grade Five Modern

Improvisation

A piece of music which is supplied by an examiner is to be improvised to with partner in the exam, it will be played twice through then performed and examined on.

Dance movement Vocabulary

Drag runs - sideways and forwards

Step split run - sideways

Step split run - forwards

Circular spring - no body line

Accented hops - with free arm lines

Step and coupe turn - with extended leg

The examiner will put these steps and others from previous grades to make an unset amalgamation to her own music in the exam.

All other work is set and is to be performed to a very high standard.

Grade Six Modern

Improvisation

A piece of music which is supplied by an examiner is to be improvised to with partner in the exam, it will be played twice through then performed and examined on.

Dance movement Vocabulary

Step and retire with body line – done in parallel, turned out or on a fondué

Tilts

Extended spring - with no body line

Accented hop – with varying leg lines

Accented hops with half a turn - with varying leg lines

Forward leap

The examiner will put these steps and others from previous grades to make an unmet amalgamation to her own music in the exam.