



PERIDANCE CAPEZIO CENTER

New York's Premier Dance Center

CERTIFICATE PROGRAM COURSE CATALOG - Commercial Track

2017-18

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CERTIFICATE PROGRAM

Course Catalog

Fall 2017-2018

Commercial Track

Ballet

Ballet II

Course Description

Proper placement and technique will be taught to keep the body healthy and dancers will learn how to prevent common injuries. The class work is inspired by the philosophies of Bournonville, Vaganova and Balanchine. The brain as well as the body will be challenged, while keeping a close eye on the individual dancers' needs.

Ballet I

Course Description

The class focuses on musicality, correct biomechanics and an organic approach that demystifies the technique of classical ballet. This approach is stress-free, low-pressure, and fun! Ideal for the modern and jazz dancer.

Contemporary

(Due to the various styles found in Contemporary dance, each instructor has provided his or her own course description.)

Contemporary II

Course Description

This course consists of development of proper performance training. Emphasis is placed on further technical development, greater awareness of Contemporary fusion styles, and more profound execution of dynamic/rhythmic choices within movement phrases.

- *Max Stone*

Course Description

Diego's class starts with a warm up designed to reinforce body alignment, balance, strength, stretch, and technique. Following the warm up, is a series of across the floor exercises consisting of turns and jumps in combination. Finally, original choreography is taught in which musicality and expression are emphasized along with good technique. Diego's style is formed through a combination of different techniques of ballet, jazz, and contemporary dance. He calls his musical theatre work "Contemporary Theatre" and his lyrical work "Urban Lyrical". †

Diego believes in a holistic, individualized approach to teaching. Each student is evaluated individually and held to his or her own standard regardless of body type. A student can have all the potential in the world but, without the eagerness to learn and expand, the potential never reaches the kinetic realization. As a teacher, Diego motivates each student to become the best dancer they can be.

- *Diego Funes*

Contemporary I

Course Description

Jana's class can be described as highly physical and technical. The warm up focuses on the body as a whole and in motion, with emphasis on building strong technique as a base to support freedom in any style of dance. Her movement phrases can be fast and percussive or lyrical and fluid, but always technically challenging. Her philosophy: dancers will improve technically and grow artistically when given proper guidance and the freedom to express their unique individuality.

- *Jana Hicks*

Course Description

Rachel's class pushes students to embrace the challenges of training- to always be developing one's unique artistry and strength as a technically trained, versatile dancer, story teller, and creator. From start of class to finish, dancers are encouraged to take risks, explore new ideas within their conversation of movement, and to always continue creating and sharing. Class consists of a full 45-50 minute warm up which includes yoga and Pilates based exercises as well as gyro-inspired transitions and ideas. Creating a warm up that prepares the dancer for improvisation and phrase work to follow. Phrase work is driven by music from hip hop to instrumental. It is athletic, intricate, and intrinsic. Class environment is fun, light hearted, but driven by the desire to do the work.

-*Rachel M. Hettinger*

Theater

Theater Dance

Course Description

Incorporating an extensive range of traditional modern techniques with contemporary music and performance sensibilities, this class offers not only physical challenges but artistic and personal ones as well. Individual attention and positive reinforcement are key components of this class with emphasis on all aspects of the dancer as a work in progress. This class is not for the faint-hearted. You will be challenged and often in ways you least expect; so bring with you your courage, determination, positive attitude and love of dance and perhaps discover some new insight in the way you approach movement.

Hip Hop

Hip Hop III/IV

Course Description

Students are taken through a warm-up concentrating on isolations and working through a groove. Various styles of choreography from hip-hop to jazz from African to house taught to an eclectic selection of music that will give you a better understanding of the flow and feel of the music.

Hip Hop II

Course Description

This is a class that focuses on performance, concentrating on developing a character, telling a story, and sharing your gift with confidence. This class will also aid in preparing those who desire to work professionally as dancers. We will attend to our bodies in a swift warm-up, adventure theatrically in space and learn a combo to develop your voice as an individual artist. Allow your self to open up to a fun-loving and "sweaty" experience!

Hip Hop I

Course Description

This course will offer a mixture of different hip hop street style dances including how to use the correct feeling and expression behind every move. The choreography is largely influenced by the party/club dances of the Old and New school, Popping, Locking, and Breakin'. This is a high energy class with an emphasis on fun, flava, and attitude. Class breakdown: warm up focusing on grooving, stretch, technique breakdown/drilling and combination.

Hip Hop Electives

Dance Hall

Course Description

Dancehall music is a type of Jamaican reggae, which developed around 1979. It became very popular among the youths of Jamaica and then eventually made its way into the world's music scene. The popularity of dancehall music has inspired its own dance moves and style that help to make parties and stage performances more energetic. Dancehall moves are very energetic and consist of a lot of isolations, movement of the hips and total body movement. Our class consists of these dancehall moves made into choreography, all done to the amazing rhythms out of Jamaica, very energetic and athletic but also low and grounded at the same time. We start with a warm up that consists of stretching, isolations, and learning the latest dancehall moves. Then we move on to teach a routine that incorporates all the elements of the warm up. Students will have the opportunity to perform the routine at the end of class.

Popping/Locking

Course Description

The class will begin with a soul-dance-based warm up/stretch, followed by technique breakdown and drills across the floor, a short phrase of choreography, and often concluded with a freestyle circle. The importance of improvisational dancing in Locking has been stressed since the beginning by the dance's creator, Don Campbell. Participation in the freestyle circle is encouraged, but not required. This open level class will teach students how to flex and isolate small movements in the joints which create the look of

popping and locking.

Waacking

Course Description

This class will teach the tools and technique of interpreting the music, anticipating sounds, and being the living embodiment of music. This class provides the opportunity for all dancers to strengthen their rhythm, power, precision and presence. Waacking teaches dancers how to connect with their character, portray emotions and personalities through their movement. Using theatrical techniques you will learn to make your dancing more entertaining and you will become more than just a better dancer but a great performer. Discover how to connect with an audience by honestly emotionally responding to the music. It is about personal expression, emotion and communication through dance.

Voguing

Course Description

This class introduces Voguing, a style of dance popularized in the underground gay scene. Old way is characterized by the formation of lines, symmetry, and precision in the execution of formations with graceful, fluid-like action. Egyptian hieroglyphs and fashion poses serve as the original inspirations for old way voguing. New way is characterized by rigid movements coupled with "clicks" (limb contortions at the joints) and "arms control" (hand and wrist illusions, which sometimes includes tutting and [HYPERLINK "http://en.wikipedia.org/wiki/Locking_\(dance\)"](http://en.wikipedia.org/wiki/Locking_(dance)) \o "Locking (dance)" locking). New way can also be described as a modified form of [HYPERLINK "http://en.wikipedia.org/wiki/Mime"](http://en.wikipedia.org/wiki/Mime) \o "Mime" mime in which imaginary geometric shapes, such as a box, are introduced during motion and moved progressively around the dancer's body to display the dancer's dexterity and memory.

Femmology

Course Description

Femmology is a style Danielle created from drilling and coaching women how to be feminine with correct alignment and technique while having personality and style, all in heels! By coaching stars like Beyonce and JLo, she realized women weren't receiving the knowledge they needed to work alongside stars like these. If one can't pose, one can't walk, and if one can't walk, how can you dance? This class helps you understand those little details that are non existent in most of today's classes. Any level dancer will find this class beneficial whether you're a beginner or have experience but just need a brush up on technique. The class begins with a light warm up before we put on our heels and start drilling poses you would see on a red carpet like *Bevals*, *T Stances* and more. Once everyone knows correct alignment in their stance, we then upgrade it to a proper walk, then some quick drills across the floor, finishing with combination.

This class is ideal for the female dancer wanting to know what it takes to keep up with leading acts like Beyonce, Janet, Jennifer Lopez or to be a leading lady along side Usher or Chris Brown! Your heels should provide ankle support and not be over 4 inches high unless they are sensible platforms. Most importantly, you should be able to feel the floor and be comfortable. If you feel you are not yet ready for heels you may still participate without them! Learn how to pump in heels feeling sexy, classy and confident all while maintaining a proper line!

Open Vogue Femme

Course Description

There are different styles of vogue...*Vogueing the Old Way*, the *New Way*, and *Vogue Femme!* All were created in the ballroom scene and have similar elements but can be executed differently. Vogue Femme has 5 elements: catwalk, duckwalk, spin, dips, and hand performance with an added element of floor performance. Created mainly by Femme Queens, the style is extra feminine but is also very active with different body levels. There will be a light warmup to prepare for the element of catwalk and then progressing to movement across the floor and/or a combination. This class will help prepare you for the ballroom scene and help with all you dancing in general. Aside from learning the elements, it's all about bringing out your personality while you vogue-- let go and have lots of fun!

Breaking

Course Description

Students will get an introduction to the foundations of b-boying/b-girling, including top rock, drops to the floor, basic footwork patterns, spins and freezes. The importance of having a strong breaking foundation as a means through which your personal style will emerge and develop. While also an emphasis on staying connected to the music and rockin' the beat.

House

Course Description

Class begins with deep breathing, stretches and joint rotations to help warm up the body. Basic movement drills are taught to help activate muscle memory, develop endurance and musicality. Drills are done in rhythmic patterns, in front of the mirror and across the floor to help the student develop an internal as well as external connection to the movements.

Street Jazz

Course Description

Class focuses on musicality and the use of levels and dynamics along with different qualities of movement. Students work on precision, body awareness, and performance. This class will help students prepare for the commercial dance industry by working on skills needed to create a stronger, more versatile dancer.

Stiletto Heels

Course Description

For women looking to dance professionally in the commercial industry, it is a must to know how to dance in heels. Class will begin with a basic warm up that is done barefoot. This will allow you to get a sense of your alignment. Focus will be on repairing women not to be afraid of their femininity and the strength that comes with that. Students will be pushed to be better dancers, performers and to have the courage to know who they are as artists!

Other

Composition

Course Description

This course is an introduction to the elements of the art and craft of making dances, namely, movement invention and development, use of space, use of time, cohesive distinctive structure, expression, context, intent, use of music, and individual vision.

Students will create short studies in response to class assignments and learn to look at their own and others' work critically and to articulate verbally their responses. The pursuit of individual creativity and skill development will be equally emphasized, and the interplay between them encouraged.

There will be an informal workshop showing presenting the best of the students' studies at the end of the term. Date and time will be announced later.

The goals of this course are 1) to give the student a basic hands-on understanding of the elements of dance composition as well as the ability to verbally articulate these concepts in discussion of others' works, and 2) to nurture and reveal the unique artist in each student.

Workshops and Rehearsals

Rehearsal

Course Description

In this course students gain the experience of working in a professional rehearsal environment while learning choreography by master choreographers.

Body Conditioning

Gyrokinesis®

Class Description

This class is an innovative system of exercise that incorporates other movement principles from Yoga, dance, gymnastics, swimming and Tai Chi. Gyrotonic® and Gyrokinesis® stretch and strengthen muscles while simultaneously stimulating connective tissues in and around the joints of the body by using circularity, spiraling and undulating movement. Educate the body to utilize harmonious movements and cultivate energy flow with synchronized breathing patterns, creating a spherical and three-dimensional awareness.

Barre a Terre

Course Description

The focus of this class is to further develop and deepen ones understanding of the principles of the skills basic to all movement studies; such as dynamic alignment through coordination and integration of the neuro/skeletal/muscular system, strength, balance, and spatial awareness. To this end, we will explore alignment with an emphasis in anatomical principles and enlist the appropriate neuromuscular effort needed to dance with optimal integration of every aspect of the individual body, mind, and spirit.

Pilates

Course Description

This Pilates class is designed especially for dancers for improving core strength, maintaining body alignment, and preventing injury. Utilizing exercise balls, Yuki teaches comprehensive Pilates exercises as well as classical Pilates repertoires. Her goals are to teach the students to enhance their body awareness and strengthen the deep core muscles

such as pelvic floor muscles, transverse abdominals, lumbar multifidi, ilio psoas major, and diaphragm. The class starts from short breathing exercises that will focus the mind on the body, and will guide awareness of the movement of the diaphragm. Neutral spinal position, neutral pelvic position, and neutral scapular position are emphasized in this class in order to be a smart mover. Through this experience in comprehensive Pilates, the students will know their own biomechanics well. This knowledge and strong core muscles will help them to prevent injuries during their careers as dancers.

Non Studio Classes

Dance History

Course Description

This introductory course examines the basic skeleton of dance history with an emphasis on your origins as a dancer, performer and mover. Dance forms have developed as a result of their history, their cultural context, and the individual genius of the choreographers and dancers that have carved out the extensive history of our art form. The goal of this course is to encourage you to investigate the origin and inspiration for the dance that moves you.

Dance Criticism

Course Description

Dance Criticism is designed to familiarize the student with the many diverse types of dance and develop a language in which to discuss specific attributes. The class will survey Classical, Jazz, Modern, Contemporary, World Folk, Butoh, Performance Art & Dance-Theater forms of dance.

Acting for Dancers

Course Description

This program is designed to teach the fundamentals of theatre arts. Using improvisation, theatre games, sense memory exercises, concentration and relaxation techniques, students will work with monologues and scenes as they safely explore their imaginations, build confidence, and find inspiration in an artistically stimulating environment. The goal is to stretch the student beyond his or her expectations and to provide a challenging yet nurturing workspace where he or she can feel safe enough to create a character, examine a text or develop a scene.

Voice I/II

Course Description

The voice class focuses on individual attention to vocal health and technique as well as performance requirements and musical expression. The first part of class consists of exercises for proper placement of the voice, strength, flexibility, and range, while the second half applies this technique to repertoire. Exercises are designed to learn vocal freedom and the importance of body support, breath management, resonance, articulation, and musical phrasing. Many singing styles will be covered, such as theatre, jazz, and pop, with an emphasis on appropriate audition material. Students also study ensemble technique, specifically the ability to hold a musical harmony part and blend vocally in choral work. Movement is incorporated to ensure that ensemble performers can dance and sing simultaneously.

Music for Dance

Course Description

Music for Dance has the following goals: to expose students to music they probably have not heard and are unlikely to seek out on their own, particularly contemporary "classical" music; to alert students to a diverse range of music to which they may choreograph; to give students the chance to participate in music making; to mark out the possible relationships which can be found between music and dance when presented together in concert; and to pull apart the compositional construction of musical pieces in order to consider what musical structuring ideas might be profitably applied by choreographers to making dances.

Solo Performance Studies

SPS II - Course Description

This course is designed to develop each student's skills as a performer in dance. The primary goal of the course is to focus on the individual and provide each student with the necessary feedback to enhance and develop his/her artistic expression as well as ascertain the channels through which to project this voice, making it accessible to and successfully received by an audience. As a performer, each student will have the opportunity to explore, define, enhance, and eventually craft his/her skills through research, lecture, class discussion and, most importantly, by means of his/her Main Project (see below). As an audience member, each student is expected to use his/her practical skills, such as research, observation, and analysis, to participate in class discussion and provide critical feedback to his/her peers, which will serve as the base for further understanding and exploration for all. This course requires a hands-on approach, meaning that each student will be expected to gain the knowledge and experience necessary to achieve the goal of the course through direct and constant participation, work inside and outside of the studio, and while completing his/her Main Project. In this class, the studio is the stage and students will acknowledge as well as respect the space as such.

- *Marlena Wolfe – Spring 2013, Fall 2013*

Stagecraft

Course Description

This course will give the student an introduction to the artistic, technical, and production related elements that come together to execute a fully realized dance concert. As part of the two-year professional training program, this course is geared toward giving the dance student an understanding of and appreciation for all the work that goes on around them by the production team. As an introductory course, it is understood that most dance students will have little or no previous knowledge in the subject matter. Topics to be covered include: the production team personnel, the rehearsal process, the performance space, the technical schedule, technical stage elements, stage management, production management, lighting design, sound design, video design, scenic design, and props design. The course will be organized into classroom lectures and practicum assignments. All students will be required to sign up to work on either a production in November or January in the Salvatore Capezio Theater to assist in the areas of stage management, lighting, audio, wardrobe, or front-of-house duties.

Anatomy

Course Description

The purpose of this course is to introduce students to human anatomy and to provide an understanding of how that pertains to dance, giving students the opportunity to apply the knowledge to themselves. Emphasis is placed on the basics of gross anatomy.