|  |  |
| --- | --- |
| **Minor Award Name** | Jazz Dance |
| **Minor Award Code** | 5N6125 |
| **Level** | 5 |

**Suggested resources to support delivery:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Theme/Topic** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| History of Jazz Dance / Technique /Common Jazz dance moves / Influential Choreographers | Website | A look into where Jazz dance originated from while also discussing Jazz style and the technique needed to perform Jazz. A-Z terminology for dance moves (technical terms) and the elements that are needed for Jazz dance. A list of Notable dancers and choreographers in the Jazz world and the different stylisation each choreographer developed. | Dancelessons.net | <http://dancelessons.net/dancehistory/HistoryofJazzDance.htm> |
| Lyrical versus Commercial Jazz Dance | Journal | This journal will highlight the two distinct areas of jazz dance, commercial and lyrical and will define the style and unique qualities both styles need. | Journal of Physical Education, Recreation & Dance, Volume 69, Issue 5, 1998  Leslie D. Netting | <http://www.tandfonline.com/doi/abs/10.1080/07303084.1998.10605544?journalCode=ujrd20> |
| The origins of modern jazz dance | Journal | Dolores Kirton Cayou is a dancer, choreographer and teacher and professor of dance at San Francisco State College. She has performed widely and studied under Alvin Ailey, Tally Beatty, Ruth Beckford and Syvilla Forte. Mrs. Cayou is founder and director of *Embaje I*, a community-based dance ensemble which performs the entire range of the black experience, from African dances to modern jazz, and gospel dances. This journal highlights the African influence in Jazz dance. | DK Cayou - The Black Scholar, 1970 - Taylor & Francis | <http://www.tandfonline.com/doi/abs/10.1080/00064246.1970.11430683> |
| Correct Posture | Lesson Plan | This lesson plan will focus on correct posture for jazz dance, correct weight placement, weight transference, and pelvic and upper body alignment. | About.com | <http://dance.about.com/od/adultdancers/qt/Body_Posture.htm> |
| Dance Practice | Lesson Plan | Demonstrates the foot and arm positions that are used in Jazz Dance whilst engaging the stomach muscles and upper and lower body. | Education Scotland | <http://www.educationscotland.gov.uk/video/j/video_tcm4558679.asp> |
| Dance Practice | Lesson Plan | Covers the following topics: Learn about the jazz variations of dance movements.  Witness techniques such as body waves, body ripples, jazz walks and jazz slides.  Isolation exercises are demonstrated for different areas of the body  Movement and travelling exercises are demonstrated as well as correct use of posture, alignment and abdominals.  Stretches and muscle-building exercises are also shown. | Education Scotland | <http://www.educationscotland.gov.uk/video/j/video_tcm4558683.asp?strReferringChannel=educationscotland&strReferringPageID=tcm:4-615801-64&class=l1+d86716>  <http://www.educationscotland.gov.uk/video/j/video_tcm4558687.asp?strReferringChannel=educationscotland&strReferringPageID=tcm:4-615801-64&class=l1+d86716> |
| Dance Practice | Lesson Plan | This web link will describe and give helpful tips on learning and perfecting pirouettes from a basic turn to an extended leg turn and will also identify a jazz inside and pencil turn. | About.com | <http://dance.about.com/od/Jazz-Dance/a/Jazz-Turns.htm> |
| Dance Practice | Lesson Plan | The web link attached will show accurate technique for kicks in jazz dance. | Education Scotland | <http://www.educationscotland.gov.uk/video/j/video_tcm4558696.asp?strReferringChannel=educationscotland&strReferringPageID=tcm:4-615801-64&class=l1+d86716> |
| Effective jazz warm up and stretches | Lesson Plan | This website will highlight 2 elements of effective warmup for Jazz; 1: Stretching, to increase strength, flexibility and technique. 2: Isolation exercises to warm up specific body parts. | About.com | <http://dance.about.com/od/stepsandmoves/a/Jazz_Warm_> |
| Elements of Jazz Dance | Online Document | This document will discuss various positions such as opposition, inverted and parallel lines, curved and angular positions that identify jazz dance. | Movethroughlife.org.au | <http://movethroughlife.org.au/documents/articles-di-jazzdance-mcdonald.doc> |
| Bob Fosse Style | Website | An online article about one of the most influential dancers and choreographers of jazz dance and how his distinctive style has emerged in all forms of jazz dance. | About.com | <http://dance.about.com/od/famousdancers/p/Bob_Fosse.htm> |
| Why we warm up as dancers | Online article | The article will cover why we warm up and the importance of warming up muscles for dance. It will also cover developing warm ups that are relevant to age and genre of dance as well as highlighting and discussing the importance of cool down for dancers. | Imperial Society of Teachers of Dance  ISTD  **Hazel Fish**  **Published in Dance Magazine 2002** | <http://www.istd.org/courses-and-training/resources/warm-up/> |
| Rhythm and Musicality | Website | This web page will identify many way in which dance movement and music can relate. It will highlight timings, melodies, articulations and patterns used for phrasing. | Dance Archives.net | <http://www.dancearchives.net/2012/02/27/rhythm-musicality-compiled-by-ruud-vermeij/> |
| The Dancer’s Complete Guide To Healthcare & a Long Career | Book | This book provides helpful advice for the beginner or the more experienced dancer on diet, care of injuries, dance as a business and maintaining a career in dance. | Ryan, A, J. and Stephens, R, E. 1989 | <http://www.amazon.com/Dancers-Complete-Healthcare-Career-horizons/dp/0916622797> |
| Reflection and journaling for dancers | Website | This online article will be helpful in the writing of your dance journals by addressing how to get started with your writing and learning and reflection on paper. | Dance Advantage.net | <http://www.danceadvantage.net/journaling/> |
| Dance Composition | Book | A Practical guide to creative success in dance making and translating ideas into dances. This book will identify methods of constructions, motifs, style and experimentation. | Dance Composition  Jacqueline M. Smith-Autard | <http://www.amazon.com/Dance-Composition-Practical-Creative-Success/dp/0878301976> |
| Movement Analysis  Rudolf Laban | Online Document | A brief overview of Laban’s movement analysis which is used to help create dance and dance making. Space, Efforts, The Body, Shape and Phrasing are all discussed. This will help provide tools for your choreography process. | Movementhasmeaning.com  Robin Konie 2011 | <http://www.movementhasmeaning.com/wp-content/uploads/2010/09/LMA-Workshop-Sheet.pdf> |
| Creativity | Book | A must read for all creatives to inspire and to realise your true creative potential. | Out of Our Minds  Learning to be Creative  Ken Robinson 2011 | <http://www.amazon.com/Out-Our-Minds-Learning-Creative/dp/1907312471> |

**Useful Organisations:**

|  |  |
| --- | --- |
| **Name** | **Contact Information** |
| Dance House | [www.dancehouse.ie](http://www.dancehouse.ie) |
| Dance Theatre of Ireland | [www.dancetheatreireland.com](http://www.dancetheatreireland.com) |
| The Arts Council | [www.artscouncil.ie](http://www.artscouncil.ie) |
| The College of Dance | [www.collegeofdance.com](http://www.collegeofdance.com) |

|  |  |
| --- | --- |
| **MOOCs (Massive Online Open Courses)** | |
| Free access to online courses  Search regularly for new courses and new start dates | <https://www.mooc-list.com/> |