Year 9 GCSE Dance

Key Term	Definition
Contemporary Dance	Contemporary dance is a genre of dance performance that developed during the mid-twentieth century and has since grown to become one of the dominant genres for formally trained dancers throughout the world, Due to its technical similarities, it is often perceived to be closely related to modern dance, ballet, and other classical concert dance styles.
Cunningham Technique	The Cunningham Technique, created by Merce Cunningham is an abstract dance training programme that's designed to simultaneously strengthen the body and mind, improve flexibility, precision and your dynamism as a dancer.
Release Technique	Release technique focuses on breathing, muscle relaxation, anatomical considerations, and the use of gravity and momentum to facilitate efficient movement. It can be found in modern and postmodern dance, and has been influenced by the work of modern dance pioneers, therapeutic movement techniques such as Feldenkrais and Alexander Technique, and yoga and martial arts.

Set Phrase Shift

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Set Phrase Breathe