

Dance

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wp.stolaf.edu/dance (<http://wp.stolaf.edu/dance>)

The Department of Dance is committed to engaging students in the study of dance as a personal art, a cultural art, and a fine art, as it prepares dance majors for a wide range of life and career options.

St. Olaf is a charter member and an accredited institutional member of the National Association of Schools of Dance.

Overview of the Major

Movement-intensive and language-intensive classes present dance as a vital form of embodied awareness, personal expression, and physical communication. The St. Olaf College B.A. in dance guides students toward lives and careers with strong physical, creative, and analytical skills at their foundation. As a result, dance majors come away from St. Olaf College with the ability to perform with professional companies or as free-lance artists; to pursue graduate study in choreography, performance, teaching; or move into areas such as dance therapy, the healing arts, and somatic studies. They enter related fields such as arts management, psychology, environmental studies, media, and more.

Intended Learning Outcomes for the Major (<http://wp.stolaf.edu/curriculum-committee/dance-major-ilos>)

Students will demonstrate:

- a physical understanding of whole body connectivity, dynamic range, and spatial clarity while dancing and creating intentional relationships with others.
- an understanding of the multiple languages of dance and will demonstrate an ability to apply these languages to clearly communicate about dance and their experience of it.
- an ability to create dance artifacts and to evaluate these artifacts through a reflection and revision process.
- an ability to apply social, cultural, and historical parameters in relation to dance.

Performance and Creative Opportunities

Companydance™ offers students a range of dance creating, performing and producing opportunities and is open by audition to **ALL** students. The company's primary aesthetic is grounded in the modern dance tradition, but is by no means restricted to it. Auditions for Companydance™ are held during the first week of the fall term.

Veselica International Dance Ensemble is open by audition to **ALL** students. The company exemplifies a global perspective that strives to spread awareness of dance forms from around the world. Veselica™ (pronounced veh-SELL-eet-sah) translates as "celebration." Artistic Director Anne von Bibra founded the international dance ensemble in the late 1980s. Auditions for Veselica are held during the first week of the fall term and sometimes during the spring term.

Distinction

See Academic Honors (<http://catalog.stolaf.edu/archive/2015-2016/academic-regulations-procedures/academic-honors/#distinction>)

Details about the distinction process can be found on the Dance Department web page.

Requirements

Language-Intensive Courses (Theory)		5.50
DANCE 100	Introduction to Dance	1.00
DANCE 124	World Dance Traditions	1.00
DANCE 150	Movement, the Camera, and the Creative Process	1.00
DANCE 201	The Body Movable (0.50)	0.50
DANCE 231	Fundamentals of Choreography and Improvisation	1.00
DANCE 246	Dance in the United States	1.00
Movement-Intensive Courses (Technique)		2.00
DANCE 212	Articulate Body (0.50) (Required: 212 must be taken concurrently with or within 1 term of DANCE 201)	0.50
DANCE 213	Articulate Body (0.25) (Recommended: 213 in first or second year prior to taking 212)	
Select other movement-intensive courses from below to total 1.50 credits ¹		1.50
Ballet		
DANCE 121	Ballet I (0.25)	
DANCE 130	Advanced Beginning Ballet (0.50)	
or DANCE 131	Advanced Beginning Ballet (0.25)	
DANCE 220	Ballet II (0.50)	
or DANCE 221	Ballet II (0.25)	
DANCE 320	Ballet III (0.50)	
or DANCE 321	Ballet III (0.25)	
Improvisation		
DANCE 105	The Beat Goes On (0.25)	
DANCE 115	Power Play (0.25)	
DANCE 215	Contact Improvisation (0.25)	
DANCE 315	Improvisation as Practice and Performance (0.25)	
International and Social		
DANCE 106	Ballroom I (0.25)	
DANCE 108	American Dance: Native and Immigrant Traditions (0.25)	
DANCE 109	International Dance I: A Survey (0.25)	
DANCE 206	Ballroom II (0.25)	
DANCE 209	International Dance II: Selected Dance Cultures (0.25)	
Modern		
DANCE 111	Modern Dance I (0.25)	

DANCE 210	Modern Dance II (0.50)	
or DANCE 211	Modern Dance II (0.25)	
DANCE 250	Modern Dance II: Technique Emphasis (.50)	
or DANCE 251	Modern Dance II: Technique Emphasis (.25)	
DANCE 310	Modern III (0.50)	
or DANCE 311	Modern III (0.25)	
Senior Dance Capstone Project		3.00
DANCE 399	Senior Dance Seminar ³	1.00
Area of Specialty ²		2.00
Select at least two credits from within or outside the department.		
Dance Companies and Productions		
Dance company participation		
Majors are required to participate in one of the dance companies (Companydance™ or Veselica™ International Dance Ensemble) for a minimum of three semesters.		
Dance production management		
Majors are required to contribute in managing a dance production for a minimum of one semester.		
Total Credits		10.50

¹ These will be selected in consultation with dance faculty.

² Each student designs an individualized area of specialty derived from their own interests and investigation.

³ Must be taken fall of senior year. Final projects may take the form of a research paper, performance, choreography, or blended project.

The dance major curriculum is compatible with other majors. Recent and current double majors include physics, exercise science, anthropology and sociology, theater, English and more.

Courses

Movement-Intensive Courses

Courses in which moving is the primary mode of learning. These courses might resemble a traditional dance technique class or a class in which movement exploration and invention is emphasized. All movement-intensive courses taken for 0.25 credit in the Dance Department are repeatable up to a total of eight times. Students receive numeric but not GE credit for a repeated course. GE credit is granted only once. Students ready to take an intermediate-level movement-intensive course MUST have instructor approval.

DANCE 105: *The Beat Goes On* (0.25)

Explore pulse and rhythm through a range of dance and movement activities, including body and vocal percussion, clogging, drumming, and tap dancing. Investigate how physical rhythms are established as students shift body weight, manipulate time, and emphasize a pulse. Explore the connections between rhythm, the innate instinct to follow rhythmic patterns in life, and the predisposition to generate one's own rhythms. Join the beat! P/N only. Offered periodically.

DANCE 106: *Ballroom I* (0.25)

Ballroom classes are taught from a social/aesthetic perspective. In this course, students learn fundamental steps, rhythms, and styling in foxtrot, slow waltz, Viennese waltz, east coast swing, and cha cha. P/N only. Offered each semester.

DANCE 108: *American Dance: Native and Immigrant Traditions* (0.25)

This course presents dances derived from immigrant and native traditions and includes Cajun, clogging, contras, hula, squares and vintage dance forms such as Charleston, among others. P/N only. Ticket/transportation fee required. Offered periodically.

DANCE 109: *International Dance I: A Survey* (0.25)

International dance classes emphasize dance in its varied cultural contexts. This course surveys dance from around the world with emphasis on European and Near Eastern forms. P/N only. Ticket/transportation fee required. Offered annually.

DANCE 111: *Modern Dance I* (0.25)

This course introduces modern dance as a style of dance and a dance aesthetic. It explores at a beginning level a range of movement vocabulary, body awareness, and creative process. Teaching faculty bring their individual movement backgrounds to the class content. P/N only. Offered each semester. May be repeated several times with permission of instructor.

DANCE 115: *Power Play* (0.25)

Play is powerful in learning and creating. It engages, energizes, and enlightens. This class explores a range of physical activities designed to develop physical skill, confidence, and intelligence—all in the spirit of play. It incorporates activities for developing body organization and alignment while challenging students' imagination and creative sensibilities. Tumbling, terraining, contact improvisation, and ball play represent a few of the included activities. P/N only. Offered annually in the fall semester.

DANCE 121: *Ballet I* (0.25)

This course provides students with an introduction to ballet technique, vocabulary, proper body alignment and body awareness. Outside work includes practicing, reading, writing and concert attendance. P/N only. May be repeated with permission of instructor. Offered each semester.

DANCE 206: *Ballroom II* (0.25)

This course provides instruction in basic steps, rhythms and styling for tango, rumba, west coast swing, and quickstep. Students learn advanced patterns in slow waltz. Emphasis is on styling and quality of movement. P/N only. Ticket/transportation fee required. Offered annually, usually in the spring semester.

Prerequisite: DANCE 106 or permission of instructor.

DANCE 209: *International Dance II: Selected Dance Cultures* (0.25)

Students focus intensively on the dance forms and styles of selected cultures chosen by the instructor in consultation with the students. P/N only. Ticket/transportation fee required. Offered periodically.

Prerequisite: DANCE 109, DANCE 124, or permission of instructor.

DANCE 215: Contact Improvisation (0.25)

Contact Improvisation is a movement form that practices moving through space while sharing one's body weight with another moving person. Students practice movement skills that investigate their relationships with gravity and that increase their physical awareness, their understanding of body structure and function, and their comfort with movement invention. Students research the history of Contact Improvisation and explore its influence in contemporary dance forms. The course builds on skills developed in DANCE 115. Offered alternate years in the spring semester.

Prerequisite: DANCE 115.

DANCE 315: Improvisation as Practice and Performance (0.25)

Students explore improvisation as a movement practice, a dance technique, and a foundation for performance. The course integrates a variety of approaches to improvisation including movement exploration with body awareness, Authentic Movement, and Contact Improvisation. The class develops individual and group movement skills and increases student comfort level with movement invention as a creating practice and a performing practice.

Prerequisite: DANCE 115 and DANCE 215 or permission of instructor. Counts toward dance major. Offered alternate years in the spring semester.

The following movement-intensive courses are offered at both 0.50 credit (DANCE 210, DANCE 212, DANCE 220, DANCE 250, DANCE 310, DANCE 320) and 0.25 credit (DANCE 211, DANCE 213, DANCE 221, DANCE 251, DANCE 311, DANCE 321). Movement-intensive courses taken for 0.50 credit entail additional outside work and may be taken only once. It is recommended that students take movement-intensive courses for 0.50 credit first. Movement-intensive courses taken for 0.25 credit may be repeated up to a total of eight times.

DANCE 130: Advanced Beginning Ballet (0.50)

This course offers an expansion of ballet technique, vocabulary, proper body alignment, and body awareness beyond the beginning level. Outside work includes practicing, reading, writing, and concert attendance. Ticket/transportation fee required. Offered annually in the spring semester.

Prerequisite: DANCE 121 and/or permission of the instructor.

DANCE 131: Advanced Beginning Ballet (0.25)

This course offers an expansion of ballet technique, vocabulary, proper body alignment, and body awareness beyond the beginning level. Outside work includes practicing, reading, writing, and concert attendance. Ticket/transportation fee required. May be repeated with permission of instructor. Offered annually in the spring semester.

Prerequisite: DANCE 121 and/or permission of the instructor.

DANCE 210: Modern Dance II (0.50)

Students expand their understanding of modern dance by building on the components of Modern Dance I, adding attention to movement qualities, elements of space, dance vocabulary and of technique with an emphasis on phrasing and sequencing movement. Some sections may also include a focus on performing skills. Open to majors and other students with instructor's permission. May require ticket/transportation fee. Offered each semester.

Prerequisites: DANCE 111 and permission of instructor.

DANCE 211: Modern Dance II (0.25)

Students expand their understanding of modern dance by building on the components of Modern Dance I, adding attention to movement qualities, elements of space, dance vocabulary and of technique with an emphasis on phrasing and sequencing movement. Some sections may also include a focus on performing skills. Open to majors and other students with instructor's permission. May be repeated with permission of instructor. Offered each semester.

Prerequisite: DANCE 111 and permission of instructor.

DANCE 212: Articulate Body (0.50)

This movement intensive class is a blend of the art and the science of the body in dancing. It integrates an artistic approach to moving with a physical experience that deepens awareness of the body in motion and enhances understanding of body structure and function. This class also links to the content and focus in DANCE 201 and DANCE 301. Offered each semester. Counts toward neuroscience concentration.

Prerequisite: DANCE 111 or DANCE 121 or DANCE 210/DANCE 211 or DANCE 220/DANCE 221, or permission of instructor.

DANCE 213: Articulate Body (0.25)

This movement intensive class is a blend of the art and the science of the body in dancing. It integrates an artistic approach to moving with a physical experience that deepens awareness of the body in motion and enhances understanding of body structure and function. This class also links to the content and focus in DANCE 201 and DANCE 301. Offered each semester. May be repeated with permission of instructor.

Prerequisite: DANCE 111 or DANCE 121 or DANCE 210/DANCE 211 or DANCE 220/DANCE 221, or permission of instructor.

DANCE 220: Ballet II (0.50)

This course offers an expansion of ballet vocabulary and technique with an emphasis on movement quality, clarity and efficiency. Outside work includes practicing, reading, writing and concert attendance. Open to majors and other students with instructor's permission. Offered each semester.

Prerequisite: DANCE 121 and DANCE 130/DANCE 131 and/or permission of the instructor.

DANCE 221: Ballet II (0.25)

This course offers an expansion of ballet vocabulary and technique with an emphasis on movement quality, clarity and efficiency. Outside work includes practicing, reading, writing and concert attendance. Open to majors and other students with instructor's permission. Offered each semester. May be repeated with permission of instructor.

Prerequisite: DANCE 121 and DANCE 130/DANCE 131 and/or permission of the instructor.

DANCE 250: Modern Dance II: Technique Emphasis (.50)

Students further develop artistic, athletic technical skills in modern dance through concentrated work on movement sequencing and dance conditioning. Students learn, create, and perform movement patterns rich in attention toward actions and alignments of the spine, spatial pathways, dynamics of time and energy, expression of weight/gravity, and intricate foot and legwork. Offered spring semester.

Prerequisite: two terms of DANCE 111 or permission of instructor. Open to dance majors and other students with permission of instructor.

DANCE 251: Modern Dance II: Technique Emphasis (.25)

Students further develop artistic, athletic technical skills in modern dance through concentrated work on movement sequencing and dance conditioning. Students learn, create, and perform movement patterns rich in attention toward actions and alignments of the spine, spatial pathways, dynamics of time and energy, expression of weight/gravity, and intricate foot and legwork. May be repeated with permission of instructor. Offered spring semester.

Prerequisite: two terms of DANCE 111 or permission of instructor. Open to dance majors and other students with permission of instructor.

DANCE 310: Modern III (0.50)

This course builds on the concepts and components of Modern Dance I and II. Offered each semester.

Prerequisite: DANCE 210/DANCE 211 or DANCE 250/DANCE 251 (at least twice) and/or permission of the instructor. Open to dance majors and other students with instructor's permission.

DANCE 311: Modern III (0.25)

This course builds on the concepts and components of Modern Dance I and II. Open to majors and other students with instructor's permission. Offered each semester. May be repeated with permission of instructor.

Prerequisite: DANCE 210/DANCE 211 (at least twice) and/or permission of the instructor. Open to dance majors and other students with instructor's permission.

DANCE 320: Ballet III (0.50)

This course offers a further exploration of ballet vocabulary and technique for the advanced dancer with an emphasis on clarity, intention, and musicality. Offered each semester.

Prerequisite: DANCE 221. Open to dance majors and other students with instructor's permission.

DANCE 321: Ballet III (0.25)

This course offers a further exploration of ballet vocabulary and technique for the advanced dancer with an emphasis on clarity, intention, and musicality. May be repeated with permission of instructor. Offered each semester.

Prerequisite: DANCE 221. Open to dance majors and other students with instructor's permission.

Language-Intensive Courses

Courses in which lecture, discussion, and writing are primary modes of learning.

DANCE 100: Introduction to Dance

This introduction to dance course allows students to broadly experience dance. Students explore dance from the following perspectives: historical, cultural and social, creative and expressive, performing, critical and aesthetic, and kinesthetic. The intention of the course is to broaden students' perceptions about dance. Lectures, student presentations, experiential movement labs, and viewing of both live and recorded dance performances are all components of the course. No dance experience required. Ticket/transportation fee required. Offered annually in the fall semester.

DANCE 124: World Dance Traditions

An introduction to world dance traditions, this course examines dance forms, functions, contexts, and differing aesthetics found in selected cultures of Africa, Asia, Europe, the Middle East, the South Pacific, and Latin America. The course includes lectures, discussion, video-viewing, and required field-trips to dance events, in addition to studio experiences where students learn dances from the cultures studied. No previous dance experience required. Ticket/transportation fee required. Offered in alternate years.

DANCE 150: Movement, the Camera, and the Creative Process

Students learn, embody, and integrate elements of dance and film by engaging in the creative practice of making dance for the screen. Each student gains experience as a director, performer, videographer, editor, and critic in this collaborative learning community. Students discuss and analyze live movement studies, screendances by peers and professionals, and relevant texts. Other technologies, such as 3D character animation and reactive/interactive technology, may be introduced. The class culminates with an evening public showing. Offered alternate years. Counts toward media and film studies concentrations.

DANCE 201: The Body Movable (0.50)

An introduction to experiential anatomy using a range of physical movement and embodied awareness practices. Exploring the human body's structure and function provides the foundation for moving in healthy, expressive, and creative ways. Emphasis is placed on living with awareness in daily life as a foundation for more specialized performance activities such as dance and sport. Offered annually in the fall semester. Counts toward biomedical studies concentration (for students through class of 2016) and neuroscience concentration.

Prerequisites: DANCE 111 or DANCE 115, or permission of instructor.

DANCE 231: Fundamentals of Choreography and Improvisation

A basic course in principles and methods for creating dances, this course focuses on the elements of dance composition and improvisation, the relationship of form and content, and the relationship of the dancer and the dance. It is appropriate for students interested in any or all forms of dance and for those interested in other forms of composition (music, visual art, etc.). Offered annually in the fall semester.

DANCE 246: Dance in the United States

Students trace and integrate the African-American and Euro-American dance traditions of the late 19th, 20th, and early 21st centuries, paying attention to their similarities and differences. The focus is on the theatrical dance genres of ballet, modern, and jazz (includes social dance, tap, and some musical theatre dance). At the same time, the course attends to the economic, religious, political, and social forces that have affected the development of dance in the United States. No dance experience required. Ticket/transportation fee required. Offered annually in the spring semester. Counts toward race and ethnic studies, American studies, and women's and gender studies majors and race and ethnic studies and women's and gender studies concentrations.

DANCE 294: Internship**DANCE 298: Independent Study****DANCE 301: Advanced Body Movable (.50)**

This course deepens and expands the body awareness focus of DANCE 201, emphasizing the somatic perspective in which it is grounded. The somatic disciplines of Body-Mind Centering, Bartenieff Fundamentals, Ideokinesis, and Experimental Anatomy provide the theoretical foundation of this course. It includes exploration of the "attention-intention-action cycle" as life practice. Offered alternate years in the spring semester. Counts toward neuroscience concentration.

Prerequisites: DANCE 201 and DANCE 212 or DANCE 213.

DANCE 374: Advanced Choreography

In this advanced analysis of principles and methods for creating dances, students survey current trends in dance performance as well as choreograph new works. Offered annually in the spring semester.

Prerequisite: DANCE 231.

DANCE 394: Academic Internship**DANCE 396: Directed Undergraduate Research**

This course provides a comprehensive research opportunity, including an introduction to relevant background material, technical instruction, identification of a meaningful project, and data collection. The topic is determined by the faculty member in charge of the course and may relate to his/her research interests. Offered based on department decision. May be offered as a 1.00 credit course or .50 credit course.

Prerequisite: determined by individual instructor.

DANCE 398: Independent Research**DANCE 399: Senior Dance Seminar**

In this culminating dance major course, students develop and execute their final senior projects in their individual areas of specialty, including planning for and promoting the presentation of their projects. Students prepare for dance and other career options by developing professional correspondence documents, learning and practicing interviewing skills, creating video samples of their work, and leading discussions on dance-related topics relevant to the individual student. Open to dance majors only. Offered annually in the fall semester.

Faculty

Chair, 2015-2016**Sheryl Saterstrom**

Assistant Professor of Dance
somatics; performance; improvisation; creative process

Jennifer Bader

Instructor in Dance
ballet

Karla K. Grotting

Adjunct Assistant Professor of Dance

Heather J. Klopchin

Associate Professor of Dance
ballet technique; dance history; modern dance technique

Janice Roberts (on leave spring)

Professor of Dance
modern dance; choreography; Companydance

Anthony W. Roberts (on leave spring)

Artist in Residence in Dance
modern dance; dance technology; Companydance

Anne von Bibra

Assistant Professor of Dance
Dance ethnology, ballroom, Veselica