



Australian Government

Department of Education, Employment and Workplace Relations

CUADAN611A Perform virtuoso contemporary dance technique

Release: 1

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Modification History

Version	Comments
CUADAN611A	This version first released with <i>CUA11 Live Performance Training Package version 1.0</i>

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to achieve virtuoso technique in contemporary dance, with particular application to solo performances.

Application of the Unit

This unit applies to dancers moving towards professional careers in contexts where virtuoso contemporary dance technique is required for performing as members of a dance company as a soloist and in other professional contexts.

At this level, dancers are constantly expanding and perfecting their artistry, technique and repertoire across a number of dance styles and genres. While some supervision and guidance are provided in practice sessions and rehearsals, dancers are expected to display a high level of motivation and sense of responsibility for themselves and others during practice sessions, rehearsals and live performances.

Licensing/Regulatory Information

No licensing, legislative, regulatory or certification requirements apply to this unit at the time of endorsement.

Pre-Requisites

Not applicable.

Employability Skills Information

This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Element	Performance Criteria
<i>Elements describe the essential outcomes of a unit of competency.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.</i>

Elements and Performance Criteria

<p>1. Excel at a physical conditioning program</p>	<p>1.1. Continuously meet physical conditioning requirements of professional dance work</p> <p>1.2. Demonstrate athleticism, stamina, strength, cardiovascular endurance and flexibility</p> <p>1.3. Minimise risk factors that inhibit the achievement of goals and seek professional assistance when required</p> <p>1.4. Always perform warm-up and cool-down activities in conjunction with dance activities</p>
<p>2. Practise virtuoso technique</p>	<p>2.1. Practise virtuoso contemporary dance technique across each section of class work</p> <p>2.2. Demonstrate complex performance attributes and quality of movement in sequences of extended difficulty and speed</p> <p>2.3. Show strength, precision and complexity in all aspects of footwork</p> <p>2.4. Execute complex variations of contemporary dance repertoire with accuracy, applying the virtuoso style</p> <p>2.5. Exhibit a professional level of physical learning and adaptability to incorporate unseen combinations</p> <p>2.6. Demonstrate through ongoing technical strength, diversity and refinement, evidence of advanced self-correction and concentrated response to feedback</p>
<p>3. Perform advanced solo variations</p>	<p>3.1. Research and analyse a chosen solo from contemporary dance repertoire</p> <p>3.2. Execute repertoire with high level technical accuracy and virtuoso interpretation of music and rhythm</p> <p>3.3. Convey a high level of spatial awareness, including floor patterns and aerial pathways</p> <p>3.4. Execute solo work with a professional sense of musical individuality</p> <p>3.5. Present virtuoso style with a high level of individual artistry, interpretation, expression and physical control</p>
<p>4. Develop professional practice</p>	<p>4.1. Develop and refine professional work ethic</p> <p>4.2. Develop realistic parameters as a basis for extending scope of performance practice</p> <p>4.3. Identify regimes and artistic strategies that will</p>

	refine own performance technique
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Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

Required skills

- communication skills to:
 - respond appropriately to feedback on own skill development and performance
 - consult with peers and mentors, including interpersonal skills relating to listening, questioning, gaining feedback and giving information
- initiative and enterprise skills to:
 - work creatively with music and dance
 - adapt appropriately to cultural differences in dance
 - dance with artistry and assurance
 - communicate mood, style and grace through dance
- learning skills to:
 - perfect virtuoso contemporary dance techniques through:
 - practising complex movements and sequences
 - a positive attitude to dancing
 - excel at a personal physical conditioning program
- planning and organising skills to:
 - prepare for performances and auditions
 - plan practice time
- self-management skills to demonstrate professional work ethic
- technical dance skills to:
 - execute high level of competency in each section of class work, including technical requirements, such as:
 - transference of weight
 - placement and coordination of body parts
 - strength and stability
 - posture
 - balance
 - rotation
 - employ physical control throughout solo performances
 - maintain correct posture, weight placement and alignment in both parallel and fully rotated turn-out position
 - retain and reproduce complex movement sequences
 - show alignment and extensions in combinations of a high level of difficulty
 - reproduce complex movement sequences on both sides of the body
 - show facility and speed in directional changes
 - respond to different time signatures
 - demonstrate facility in coordinated timing
 - perform high level isolation and energy placement techniques
 - retain and reproduce complex movement sequences
 - show alignment and extensions in combinations of a high level of difficulty
 - execute balances, turns and jumps on and off centre in a wide variety of shapes

- demonstrate a high level of spatial awareness, including floor patterns and aerial pathways
- exhibit a high level and range of coordination of limbs, torso and head
- exhibit confidence in creating movement sequences
- show a consistent level of commitment.

Required knowledge

- choreographic and stylistic nuance in relation to contemporary dance
- genres, styles and philosophical nature of contemporary dance
- influential choreographers in contemporary dance
- relationship between acting and contemporary dance
- correct contemporary dance terminology
- roles or hierarchy in professional situations
- virtuoso technique as it applies to each section of dance work, such as:
 - warm up
 - stretching
 - floor work
 - centre practice
 - falls
 - turns
 - jumps
 - travelling
 - cool down
- principles underlying dance movements and virtuoso techniques, such as:
 - relationship with gravity
 - spatial awareness
 - successional movement
 - use of breath
 - folding
 - extending
 - rotating
 - shifting weight
- anatomical foundations, including:
 - articulation of the spine
 - engagement of the feet
 - bases of support, including feet, legs, hands, arms and torso
 - range of motion of the joints
 - differentiation of the legs and pelvis
- risk factors in contemporary dance for the physical body
- musical rhythms, including:
 - time signatures
 - beat
 - tempo
 - syncopation.

Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

Overview of assessment	
Critical aspects for assessment and evidence required to demonstrate competency in this unit	<p>Evidence of the ability to execute:</p> <ul style="list-style-type: none"> • technical virtuosity • advanced sequences executed with brilliance, speed and clarity to a professional standard • personal presentation and artistry through the refinement of individual artistic qualities and personality, including interpretation and expression in solo performances • effective solo performance from selected repertoire at professional level.
Context of and specific resources for assessment	<p>Assessment must ensure access to:</p> <ul style="list-style-type: none"> • fully equipped dance studios • appropriate music or accompanists.
Method of assessment	<p>A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:</p> <ul style="list-style-type: none"> • observation of practice or performance through full practical demonstration • verbal or written questioning to test knowledge as listed in the required skills and knowledge section of this unit • video recordings of performances or practice sessions • case studies and scenarios as a basis for discussing components of contemporary dance technique. <p>Assessment methods should closely reflect workplace demands (e.g. literacy) and the needs of particular groups (e.g. people with disabilities and people who may have literacy or numeracy difficulties, such as speakers of languages other than English, remote communities and those with interrupted schooling).</p>
Guidance information for assessment	<p>Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:</p> <ul style="list-style-type: none"> • CUADAN601A Perform dance repertoire at a professional level

	<ul style="list-style-type: none">• CUADAN608A Extend contemporary dance performance skills to a professional level• CUADAN610A Extend allied contemporary dance techniques at a professional level• CUAIND601A Work professionally in the creative arts industry.
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Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

<p><i>Risk factors</i> may relate to:</p>	<ul style="list-style-type: none"> • consistency of a physical fitness regime • own ambition • expectations of others • injury-prevention strategies • gender issues • body image and eating disorders • insufficient hydration • poor nutrition • incorrectly fitting footwear • gender-appropriate performance techniques.
<p><i>Warm-up and cool-down</i> may include:</p>	<ul style="list-style-type: none"> • stretching • joint-mobility exercises • flexibility exercises • aerobic activities • anaerobic exercises • coordinated breathing activities • floor work.
<p><i>Contemporary dance technique</i> may include:</p>	<ul style="list-style-type: none"> • upper and lower body poses, phrases and movements • correct breathing techniques • balanced positions, including: <ul style="list-style-type: none"> • elevation of steps • body positions • transitions while in motion and while stationary • standing work and travel combinations • jump work • variations in timing and styles of movement • expressing a range of emotions through the language of dance • centre control • spotting employment of strength and agility • employing visualisation techniques • employing strength and agility • demonstrating an awareness of personal and general space when travelling and stationary

	<ul style="list-style-type: none"> • using arm lines appropriately and extensively • multi-turning exercises • clean, sharp isocentric and polycentric isolations • correct posture and alignment when in motion • demonstrating safe dance practices in jumping and faster travelling steps • footwork, arm lines and head movements in combination to express rhythm • performing complex turns while maintaining good technique • moving against gravity with confidence and knowledge.
<i>Sections of class work</i> may include:	<ul style="list-style-type: none"> • warm up • stretch • floor work • centre practice • turns • travelling sequences • sequences with altered spatial organisations, • combining all aspects of embodiment and temporal structures • jumps • cool down.
<i>Performance attributes</i> may include:	<ul style="list-style-type: none"> • strength, flexibility, coordination and cardiovascular endurance • detailed musicality with attention to nuances of interpretation • movement qualities to movement sequences • strong sense of individuality and 'presence' in the execution of sequences • sensibility in sequences of increasing difficulty • alternative and structurally changing musical time signatures and phrasing for extended sequences • different expressive qualities applied to movement sequences • extensive and changing expressive qualities applied to movement sequences • assured artistic interpretations of sequences and variations.
<i>Footwork</i> may include:	<ul style="list-style-type: none"> • multiple turns in centre and travelling configurations • sequences that fully demonstrate the capacity to seamlessly transfer weight in all pathway directions • sequences that require the full range of movement

	executed with style and confidence.
Repertoire may include:	<ul style="list-style-type: none"> • contemporary • modern ballet • original choreography.
Physical learning and adaptability may include:	<ul style="list-style-type: none"> • set exercises or sequences • unseen exercises or sequences • sequences from a range of techniques, such as: <ul style="list-style-type: none"> • release • Horton • Limon • Cunningham • Graham • execution of extended sequences to right and left sides without prompting • self-correction.
Professional work ethic may refer to:	<ul style="list-style-type: none"> • attentive behaviour in creative practice • awareness of: <ul style="list-style-type: none"> • substance abuse • addictive behaviours • expectations of others • eating disorders • effective management of personal finances • balanced diet • energy levels and personal limitations • stage and theatre etiquette • developing strategies to: <ul style="list-style-type: none"> • cope with performance anxiety • maintain motivation • effective personal hygiene habits, such as: <ul style="list-style-type: none"> • clean and short nails • clean and tied-up hair • clean hands • ongoing dedication to a physical conditioning exercise program • maintaining concentration, focus and physical alertness in all performance activities • maintaining costumes and other apparel • maintaining a work-life balance • punctuality and reliability • working creatively with individual differences.

<p><i>Extending scope of performance practice</i> may include:</p>	<ul style="list-style-type: none"> • working effectively with tutor or coach • participating in professional development and other learning opportunities • undertaking training courses • practising systemically • participating in relevant groups or associations • experimenting with own performance • communicating with peers • being involved in a range of relevant performance activities • viewing and reviewing relevant performance events and activities.
<p><i>Regimes and artistic strategies</i> may include:</p>	<ul style="list-style-type: none"> • lectures • seminars • conferences • symposiums • master classes • professional organisations • practical workshops • performance rehearsals • individual training.

Unit Sector(s)

Performing arts - dance

Custom Content Section

Not applicable.