



Australian Government

CUADAN621 Perform virtuoso contemporary dance techniques

Release: 1

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Modification History

Release	Comments
Release 1	This version first released with CUA Creative Arts and Culture Training Package Version 5.0.

Application

This unit describes the skills and knowledge required to achieve virtuoso technique in contemporary dance, with a focus on solo performances.

The unit applies to those who are dancers moving towards professional careers in contexts where virtuoso contemporary dance techniques are required for performing as members of a dance company as a soloist and in other professional contexts. While some supervision and guidance are provided, dancers are expected to display a high level of motivation and responsibility for themselves and others during practice sessions, rehearsals and live performances.

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

Unit Sector

Performing arts – Dance

Elements and Performance Criteria

ELEMENT	PERFORMANCE CRITERIA
<i>Elements describe the essential outcomes.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
1. Apply own advanced physical conditioning program	1.1 Identify physical conditioning requirements of professional dance work and set physical conditioning goals in line with these requirements 1.2 Build stamina, strength, muscular endurance, mobility and flexibility according to physical conditioning requirements of professional dance work 1.3 Identify and minimise risk factors that inhibit the achievement of physical conditioning goals and seek professional assistance as required 1.4 Perform warm-up and cool-down activities in conjunction with

ELEMENT	PERFORMANCE CRITERIA
	dance activities according to safe dance practices
2. Practise virtuoso technique	2.1 Practise virtuoso contemporary dance technique across each section of class work 2.2 Show strength, precision and complexity in all aspects of technique 2.3 Execute complex variations of contemporary dance repertoire, applying the virtuoso style to movement with speed and precision 2.4 Exhibit professionalism and adaptability to incorporate unseen combinations 2.5 Demonstrate ability to self-correct virtuoso contemporary dance technique, using feedback from others and own contemporary dance knowledge
3. Perform advanced solo variations	3.1 Research and analyse a chosen solo from contemporary dance repertoire 3.2 Execute repertoire with high level technical accuracy and virtuoso interpretation of music and rhythm 3.3 Demonstrate high level of spatial awareness for floor patterns and aerial pathways 3.4 Present virtuoso style with a professional level of individual artistry, interpretation, expression and physical control
4. Review and develop professional practice	4.1 Develop realistic parameters for extending scope of performance practice, in consultation with required personnel 4.2 Identify regimes and artistic strategies to refine own performance technique and professional work ethic 4.3 Incorporate contemporary dance terminology, philosophy and history into discussions, and practice and performance activities

Foundation Skills

This section describes those language, literacy, numeracy and employment skills that are essential to performance but not explicit in the performance criteria.

SKILL	DESCRIPTION
Learning	- Identifies opportunities to develop performance using feedback from required personnel and self-reflection - Identifies opportunities to extend professional development
Oral communication	Obtains information by listening and questioning
Reading	Interprets written information about solos to be performed

SKILL	DESCRIPTION
Self-management	- Follows accepted industry practices in relation to safe dance practices and general work ethic - Adopts a methodical, disciplined and positive approach to rehearsing and performing at a professional level
Teamwork	- Collaborates with others involved in dance classes and performances - Communicates mood and style of dance repertoire to audiences

Unit Mapping Information

Supersedes and is equivalent to CUADAN611 Perform virtuoso contemporary dance technique.

Links

Companion Volume Implementation Guide is found on VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1db201d9-4006-4430-839f-382ef6b803d5>

Assessment Requirements for CUADAN621 Perform virtuoso contemporary dance techniques

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Performance Evidence

The candidate must demonstrate the ability to complete the tasks outlined in the elements, performance criteria and foundation skills of this unit, including evidence of the ability to:

- perform at least five solo performances of advanced sequences, demonstrating technical virtuosity in contemporary dance.

In the course of the above, the candidate must:

- perform advanced sequences with speed and clarity at a professional level
- demonstrate artistry, individual interpretation and expression when performing advanced solo variations from selected repertoire at professional level
- demonstrate physical control throughout performances, relating to:
 - correct posture
 - weight placement
 - alignment in parallel and fully rotated turn-out position
 - alignment and extensions in highly difficult combinations
 - complex movement sequences on both sides of the body
 - high level isolation and energy placement techniques
 - balances, turns and jumps on and off centre in different shapes
 - seamless transition in and out of the floor
 - coordination of limbs, torso and head
- respond to different time signatures
- demonstrate a high level of spatial awareness, including floor patterns and aerial pathways
- exhibit confidence in creating movement sequences
- use contemporary dance terminology.

Knowledge Evidence

The candidate must be able to demonstrate knowledge to complete the tasks outlined in the elements, performance criteria and foundation skills of this unit, including knowledge of:

- principles relating to contemporary dance movements and techniques, including:
 - relationship with gravity
 - spatial awareness
 - use of breath
 - movement pathways
 - expanding and contracting
 - shifting weight
- safe dance practices and injury prevention, relating to:
 - spine articulation
 - foot engagement
 - bases of support, including feet, legs, hands, arms and torso
 - joint range of motion
 - differentiation of legs and pelvis
- health and safety policies and procedures relevant to the dance environment
- musical elements of time signatures, beat, tempo and syncopation in contemporary dance technique
- contemporary dance principles relating to:
 - choreographic and stylistic nuance
 - genres, styles, history and lineage
 - philosophical nature
 - influential choreographers
 - techniques for communicating concepts through contemporary dance.

Assessment Conditions

Skills in this unit must be demonstrated in a workplace or simulated environment where the conditions are typical of those in a working environment in this industry.

This includes access to:

- fully equipped dance studios
- selection of music or accompanists
- live performance opportunities.

Assessors of this unit must satisfy the requirements for assessors in applicable vocational education and training legislation, frameworks and/or standards.

Links

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