

FULLNAME:

YEAR AND SECTION:

DATE:

IDENTIFICATION: Identify what is being asked or described in the sentence.

_____ 1. What is the technique called where movements start with breath awareness to connect the dancer's body and emotions?

_____ 2. Which technique, developed by Martha Graham, involves pulling the torso inward and then expanding outward?

_____ 3. What is the term for letting the body surrender to gravity in a controlled way and then regaining balance?

_____ 4. What is the foundational position in modern dance where the back is kept straight while bending forward at the hips?

_____ 5. What technique involves twisting or rotating the torso or spine, often used to transition between movements?

_____ 6. What is the term for movements performed on the ground, such as rolls, stretches, or transitions from standing to sitting or lying?

_____ 7. What is the technique called where one part of the body moves independently while the rest remains still?

_____ 8. What are expansive movements in modern dance that often focus on expression rather than technical perfection?

_____ 9. What technique includes pirouettes, chainé turns, or unique spins that can emphasize speed, control, or flow?

_____ 10. What is the term for creating movements on the spot, exploring new possibilities based on music, emotion, or themes?

Write the letter of the correct answer.

11. Modern dance emerged as a reaction against which dance form?

- A) Jazz
- B) Ballet
- C) Hip-hop
- D) Tap dance

12. Who is known for her free-flowing movements and barefoot performances in modern dance?

- A) Martha Graham
- B) Pina Bausch
- C) Isadora Duncan
- D) Ruth St. Denis

13. Which technique developed by Martha Graham focuses on the core muscles and emotional intensity?

- A) Fall and Recovery
- B) Contraction and Release
- C) Spirals
- D) Breath Work

14. Contemporary dance often incorporates elements from which of the following dance styles?

- A) Ballet, Jazz, and Hip-hop
- B) Tap, Ballroom, and Folk
- C) Salsa, Tango, and Flamenco
- D) Breakdance, Krumping, and Popping

15. Who co-founded the Denishawn School and incorporated elements of Eastern dance into their work?

- A) Merce Cunningham
- B) Ted Shawn and Ruth St. Denis
- C) Alvin Ailey
- D) Loie Fuller

16. Which choreographer is known for integrating theatrical elements and narrative into her contemporary dance choreography?

- A) Martha Graham
- B) Pina Bausch
- C) Isadora Duncan
- D) Doris Humphrey

17. What principle did Doris Humphrey introduce that expanded the boundaries of modern dance?

- A) Contraction and Release
- B) Fall and Recovery
- C) Chance Procedures
- D) Gaga Movement Language

18. Which contemporary dance figure is known for his innovative use of technology and collaboration with artists from different disciplines?

- A) Merce Cunningham
- B) Ohad Naharin
- C) Alvin Ailey
- D) Ted Shawn

19. What movement language, focusing on sensory awareness and the body's natural movements, was developed by Ohad Naharin?

- A) Contraction and Release
- B) Fall and Recovery
- C) Gaga
- D) Spirals

20. Modern dance often emphasizes which of the following?

- A) Strict choreography and technical perfection
- B) Expression of inner emotions and ideas
- C) Elaborate costumes and theatrical settings
- D) Traditional dance forms and rituals

ESSAY

Answer each question in 3-5 sentences

21-22.

23-26.

27-30.