

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, chaîné 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.