

Dance

Dance Troupe **Credit .50 Year F/SO/J/S**

The Mercy High School Dance Troupe is a select group who study ballet, pointe, modern, jazz, and choreography/improvisation in a regular regimen of an average of three days per week. Students also have the opportunity to work with guest artists and professionals in the dance profession. The program places dual emphasis on both the technical and artistic training of the students to provide them with not only a solid, comprehensive foundation, but also a stimulating and enjoyable artistic encounter. The co-curricular program is by audition, either at the Early Auditions for 8th graders or at the beginning of each school year. Performance opportunities include appearances with the Hunt Valley Symphony Orchestra, along with the annual formal concert in the beautiful setting of the Harry and Jeanette Weinberg Auditorium. Additional school performances and outside school and community events further add to the Dance Troupe performance experience.

Apprentice Dance Company **Credit .25 Year F/SO/J/S**

The Apprentice Dance Company offers an introduction to dance genres from the classical to the contemporary. Students will study dance from historical, social, ethnic, and performance perspectives. Students will develop specific movement skills fundamental to a technical foundation, and explore dance as a creative and performing art form. The Apprentice Dance Company provides the necessary training and foundation needed for the Mercy High School Dance Troupe.

Dance Exploration for All **Credit .50 Semester 1 and/or 2 F/SO/J/S**

This course is designed to introduce students to a variety of dance styles, including ballet, modern, jazz, and hip-hop through both movement experiences and lectures. Students are exposed to the skeletal and muscular systems and how they are used in all types of movement, including dance, athletics, and every day activities. Dancers also receive an overview of dance history and explore how dance impacts culture and influences society. By examining dance in both global and local contexts, student move towards a towards a fuller appreciation of the effect of dance on our everyday lives. Students work to increase body awareness, flexibility, muscle strength, sense of rhythm, and overall coordination. No previous dance experience is required.