Teacher worksheet

Teacher: Iacopo Loliva

Teaching period: Session 1 2026-27

Class/year: Refining/ 2026-27

Subject: Contemporary

AIM OF THE CLASS:

FIRST PART (3 weeks):Floorwork based. We focus on the articulation and smoothness of the body. How can we move on and off the floor without tensing unnecessary muscle, but still keep the full range of motion.

SECOND PART(2 weeks): Floorwork based. More on the smashing and violence of the body. How can be safe in explosive movement, this time with contraction and heaviness.

IN WHICH POINTS DID THE CLASS DEVELOP / IMPROVE:

I saw the improvement around end of week 2 thanks to repetitions. I kept the first half of the class always the same and only the final part was challenging with changes and new exercise. The fact of keeping a stable structure gave the dancers the tool to really focus on energy they were using it