

# Contemporary

Contemporary dance uses the body's natural lines and energy to create new movements which have a greater range and fluidity than conventional dance. Contemporary dance is seen as less prescriptive in its structure than classical or even modern dance. It was developed as a reaction against the more rigid techniques of ballet. The ease of movement promoted by contemporary dance technique means that it is accessible for beginners as well as allowing experienced dancers to push new boundaries of body movement. Contemporary dance is characterised by its versatility. It can be danced to almost any style of music, or united with other dance forms to create new styles of movement. Aspire offers Contemporary examinations through the Jason Winters C.S.T.D syllabus. All students wanting to enter Contemporary exams must take at least one Ballet or Jazz class a week as well.