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Modern dance is a creative expression that breaks free from the rigid rules of ballet and explores new ways of moving and communicating. It can be challenging to learn but also rewarding and enjoyable.On One Studios offers professional dance classes that help you learn the basics and progress to advanced choreography. You will learn modern dance steps that will enhance your technique and expression.Modern dance emerged at the beginning of the 20th century as a rebellion against classical dance forms. The pioneers of this dance style sought to create more expressive and free-flowing dances. They used their upper bodies and lower limbs in new and innovative ways.The modern dance evolved to portray social, ethnic, political, and economic climates, absorbing influences from Caribbean, African, and Latin dances. It also incorporated elements from classical dance, modern, and postmodern techniques, offering dancers a wide range of expressive possibilities.In 2023, modern dance continues to be a form of expressive storytelling that transcends boundaries. It thrives on the absence of strict rules, allowing dancers to interpret emotions and stories through movement.This year, modern dance has seen a trend towards more acrobatic and aerial movements, incorporating drama, words, and illusions for an innovative touch.Dancers at On One Studios are trained to embrace this expressive freedom, guided by professional modern dance choreographers who are in tune with the latest trends and techniques in modern dance. They will teach you how to create your own dance phrases that reflect your personality and mood.You don't need to master complex choreographies right away to learn modern dance. You can start with the basics and build your confidence and style of dance gradually. Modern dance is simple and fun, and its movements that anyone can learn. On One Studios, we offer dance classes that help you learn the fundamentals of modern dance in a friendly environment. You will learn a style of dance that will prepare you for more advanced moves.Tendris is a ballet movement that extends the working leg along the floor until only the toe tip remains touching. It can be performed to the front, side, or back. It is one of the basic modern dance steps that helps you improve your balance and alignment.Chasse is a simple jump that is often used in modern dance. It begins with shifting the weight in a plié stance and jumping so both feet come together in the air. It can be used to travel across the floor or add height and spin. It is a versatile modern dance step that can be combined with other moves.Chaine Tour is a quick rotation in two steps that can be linked together like a chain. It is common in both ballet and modern dance. It is a challenging modern dance step that requires coordination and speed.An Arabesque is a ballet position often used in modern dance where one leg is extended straight behind at a right angle while the dancer is supported on the other leg. It is an elegant modern dance step that showcases flexibility and grace.A Glissade is a sliding step beginning and ending in the fifth position. It is primarily used as preparation for jumps and leaps. It is a smooth modern dance step that helps you transition between movements.Modern dance, jazz, and ballet share common roots and influences. Modern dance focuses on expression and interpretation but allows for more freedom in movement than those used by ballet dancers. Jazz employs sharp turns, hops, jumps, leaps, and jazz walks set to upbeat music. All three forms enhance the dancer's expressivity, flexibility, strength, and rhythm.One of the best ways to learn modern dance is by following experienced mentors and modern dance choreographers. They can teach you the essential techniques, principles, and styles of modern dance and help you develop your creativity, expression, and artistic phrasings.At 1920s Studios, I studied as the instructor's basic level and gone to the next level. Whether you are a leisurely freestyle master or a specialist dancer, there can help to achieve your dreams, there are some frequently asked question below among the population. However, Tiktok 2023 movement that extends the working leg along the floor until only the toe tip remains touching. It can be performed to the front, side, or back. It is one of the basic modern dance steps that helps you improve your balance and alignment.Chasse is a simple jump that is often used in modern dance. It begins with shifting the weight in a plié stance and jumping so both feet come together in the air. It can be used to travel across the floor or add height and spin. 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A historical study of modern dance makes evident three phases of this dance style: The early period from 1880 to 1923 The middle period from 1923 to 1946 The late modern dance period from 1946 to the present Basic Movements of Modern Dance Basic movements in modern dance are fluidly free style. The ballet step, arabesque, in modern dance is often performed with oblique angles of the body and in turns. Other ballet steps like chassé, pas de bourrée and port de bra of the arms are similar ballet movements used in modern dance choreography. Certain modern dance steps are performed on half pointe in bare feet or in modern dance sandals for stage performances. Modern dance may include chaine tour (chain turns), glissade (gliding steps) that predicate jetés (jumps) and tour de basque (leaps) and front-to-back and side-to-side steps, like the ballet step "chasse". In groups, modern dance choreography often includes geometric shapes like triangular, rectangular and circular shapes using from dancers' bodies. The use of geometric shapes in modern dance helps the audience to see the theme and subject of each modern dance routine. Today, modern dance is often taught with "jazz dance", a dissimilar dance form that also relies on basic ballet movement. It is performed to faster tempos in contemporary music. The difference between modern dance and jazz is that modern choreography is performed classically in mind, jazz dance employs a variety and adaptability in style and mood. In modern dance, movements are softer and more fluid. In the past, modern dance was a social dance style and a popular American Dance Style. Modern dance is often characterized by the use of contemporary dance routines. Modern dance is deeply embedded in ballet vocabulary. Historically, modern dance began as free form style lyrical ballet among a community of professional ballet dancers who refused to stop dancing. Isadora Duncan and Ruth St. Denis promoted modern dance as a way of continuing their dance careers, according to their biographies. The first modern dances choreographed required no dancing en pointe or rigid adherence to ballet movement.

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inland North America. Nicolaus Copernicus 1540: The Society of Jesus, and the Jesuits, is founded by Ignatius of Loyola and six companions with the approval of Pope Paul III. 1540: Sher Shah Suri founds the Suri dynasty in South Asia, an ethnic Pashtun dynasty of the house of Sur, who supplanted the Mughal dynasty as rulers of India during the reign of the relatively ineffectual second Mughal emperor Humayun. Sher Shah Suri decisively defeats Humayun in the Battle of Bilgram (May 17, 1540). 1541: Pedro de Valdivia founds Santiago in Chile. 1541: An Algerian military campaign by Charles V of Spain (Habsburg) is unsuccessful. 1541: Amazon River is encountered and explored by Francisco de Orellana. 1541: Capture of Buda and the absorption of the major part of Hungary by the Ottoman Empire. 1541: Sahib I Giray of Crimea invades Russia. 1542: The Italian War of 1542-1546 War resumes between Francis I of France and Emperor Charles V. This time Henry VIII is allied with the Emperor, while James V of Scotland and Sultan Suleiman I are allied with the French. 1542: Akbar The Great is born in the Rajput Umarkot Fort 1542: Spanish explorer Ruy López de Villalobos named the island of Samar and Leyte Las Islas Filipinas honoring Philip II of Spain and became the official name of the archipelago. 1543: Ethiopian/Portuguese troops defeat the Adal army led by Imam Ahmad Gurey at the Battle of Wayna Daga; Imam Ahmad Gurey is killed at this battle. 1543: Copernicus publishes his theory that the Earth and the other planets revolve around the Sun 1543: The Nanban trade period begins after Portuguese traders make contact with Japan. 1544: The French defeat an Imperial-Spanish army at the Battle of Ceresole.Scenes of everyday life in Ming China, by Qiu Ying 1544: Battle of the Shirts in Scotland. The Frasers and Macdonalds of Clan Ranald fight over a disputed chiefship; reportedly, 5 Frasers and 8 Macdonalds survive. 1545: Songhai forces sack the Malian capital of Niani 1545: The Council of Trent meets for the first time in Trent (in northern Italy). 1546: Michelangelo Buonarroti is made chief architect of St. Peter's Basilica. 1546: Francis Xavier works among the peoples of Ambon, Ternate and Morotai (Moro) laying the foundations for a permanent mission. (to 1547) 1547: Henry VIII dies in the Palace of Whitehall on 28 January at the age of 55. 1547: Francis I dies in the Château de Rambouillet on 31 March at the age of 52. 1547: Edward VI becomes King of England and Ireland on 28 January and is crowned on 20 February at the age of 9. 1547: Emperor Charles V decisively dismantles the Schmalkaldic League at the Battle of Mühlberg. 1547: Grand Prince Ivan the Terrible is crowned tsar of (All) Russia, thenceforth becoming the first Russian tsar. 1548: Battle of Uedahara. Firearms are used for the first time on the battlefield in Japan, and Takoda Shingen is defeated by Murakami Yoshikiyo. 1548: Askia Daoud, who reigned from 1548 to 1583, establishes public libraries in Timbuktu (in present-day Mali). 1548: The Ming dynasty government of China issues a decree banning all foreign trade and closes down all seaports along the coast; these Hai jin laws came during the Wokou wars with Japanese pirates. 1549: Tomé de Sousa establishes Salvador in Bahia, north-east of Brazil. 1549: Arya Penangsang with the support of his teacher, Sunan Kudus, avenges the death of Raden Kikin by sending an envoy named Rangkidu to kill Sunan Prawoto by Keris Kyai Satan Kober (in present-day Indonesia). The Islamic gunpowder empires: Mughal Army artillerymen during the reign of Jalaluddin Akbar 1550: The architect Mimar Sinan builds the Süleymaniye Mosque in Istanbul. 1550: Mongols led by Altan Khan invade China and besiege Beijing. 1550-1551: Valladolid debate concerning the human rights of the Indigenous people of the Americas. 1551: Fifth outbreak of sweating sickness in England. John Caius of Shrewsbury writes the first full contemporary account of the symptoms of the disease. 1551: North African pirates enslave the entire population of the Maltese island Gozo, between 5,000 and 6,000, sending them to Libya. 1552: Russia conquers the Khanate of Kazan in central Asia. 1552: Jesuit China Mission, Francis Xavier dies. 1553: Mary Tudor becomes the first queen regnant of England and restores the Church of England under Papal authority. 1553: The Portuguese found a settlement at Macau. 1554: Missionaries José de Anchieta and Manuel da Nóbrega establishes São Paulo, southeast Brazil. 1554: Princess Elizabeth is imprisoned in the Tower of London upon the orders of Mary I for suspicion of being involved in the ravat rebellion. 1555: The Muscovy Company is the first major English joint stock trading company. 1556: Publication in notice of Delle Navigazioni et Viaggi (terzo volume) by Giovanni Battista Ramusio, secretary of Council of Ten, with plan La Terra de Hochelaga, an illustration of the Hochelaga.[13] 1556: The Shaanxi earthquake in China is history's deadliest known earthquake during the Ming dynasty. 1556: Georgius Agricola, the "Father of Mineralogy", publishes his De re metallica. 1556: Akbar defeats Hemu at the Second battle of Panipat. 1556: Russia conquers the Astrakhan Khanate. 1556-1605: During his reign, Akbar expands the Mughal Empire in a series of conquests (in the Indian subcontinent).Political map of the world in 1556 1556: Mir Chakar Khan Rind captures Delhi with Humayun. 1556: Pomponio Algerio, radical theologian, is executed by boiling in oil as part of the Roman Inquisition. 1557: Habsburg Spain declares bankruptcy. Philip II of Spain had to declare four state bankruptcies in 1557, 1560, 1575 and 1596. 1557: The Portuguese settle in Macau (on the western side of the Pearl River Delta across from present-day Hong Kong). 1557: The Ottomans capture Massawa, al but isolating Ethiopia from the rest of the world. 1558: Elizabeth Tudor becomes Queen Elizabeth I at age 25. 1558-1603: The Elizabethan era is considered the height of the English Renaissance. 1558-1583: Livonian War between Poland, Grand Principality of Lithuania, Sweden, Denmark and Russia. 1558: After 200 years, the Kingdom of England loses Calais to France. 1559: With the Peace of Cateau Cambrésis, the Italian Wars conclude. 1559: Sultan Hairun of Ternate (in present-day Indonesia) protests the Portuguese's Christianisation activities in his lands. Hostilities between Ternate and the Portuguese. The Mughal Emperor Akbar shoots the Rajput warrior Jaimal during the Siege of Chittorgarh in 1567 1560: Ottoman navy defeats the Spanish fleet at the Battle of Djerba. 1560: Elizabeth Bathory is born in Nyírbátor, Hungary. 1560: By winning the Battle of Okeahazama, Oda Nobunaga becomes one of the pre-eminent warlords of Japan. 1560: Jeanne d'Albret declares Calvinism the official religion of Navarre. 1560: Lazarus Church, Macau 1561: Sir Francis Bacon is born in London. 1561: The fourth battle of Kawanakajima between the Uesugi and Takeda at Hachimanbara takes place. 1561: Guido de Bres draws up the Belgic Confession of Protestant faith. 1562: Mughal emperor Akbar reconciles the Muslim and Hindu factions by marrying into the powerful Rajput Hindu caste. 1562-1598: French Wars of Religion between Catholics and Huguenots. 1562: Massacre of Wassy and Battle of Dreux in the French Wars of Religion. 1562: Portuguese Dominican priests build a palm-trunk fortress which Japanese Muslims burned down the following year. The fort was rebuilt from more durable materials and the Dominicans commenced the Christianisation of the local population.[12] 1563: Plague outbreak claimed 80,000 people in Elizabethan England. In London alone, over 20,000 people died of the disease. 1564: Galileo Galilei born on February 15 1564: William Shakespeare baptized 26 April 1565: Deccan sultanates defeat the Vijayanagara Empire at the Battle of Talikota. 1565: Mir Chakar Khan Rind dies at aged 97. 1565: Estácio de Sá establishes Rio de Janeiro in Brazil. 1565: The Hospitallers, a Crusading Order, defeat the Ottoman Empire at the siege of Malta (1565). 1565: Miguel López de Legazpi establishes in Cebu the first Spanish settlement in the Philippines starting a period of Spanish colonization that would last over three hundred years. 1565: Spanish navigator Andres de Urdaneta discovers the maritime route from Asia to the Americas across the Pacific Ocean, also known as the tornaviaje. 1565: Royal Exchange is founded by Thomas Gresham. 1566: Suleiman the Magnificent, ruler of the Ottoman Empire, dies on September 7, during the battle of Szegedvar.Siege of Valenciennes during the Dutch War of Independence in 1567 1566-1648: Eighty Years' War between Spain and the Netherlands. 1566: Da le Balle Contrade d'Oriente, composed by Cipriano de Rore. 1567: After 43 years' reign, Jiajing Emperor died in the Forbidden City. Longqing Emperor ascended the throne of Ming dynasty. 1567: Mary, Queen of Scots, is imprisoned by Elizabeth I. 1568: The Transylvanian Diet, under the patronage of the prince John Sigismund Zapolya, the former king of Hungary, inspired by the teachings of Ferenc Dávid, the founder of the Unitarian Church of Transylvania, promulgates the Edict of Torda, the first law of freedom of religion and of conscience in the world. 1568-1571: Morisco Revolt in Spain. 1568-1600: The Azuchi-Momoyama period in Japan. 1568: Hadjiwajya sent his adopted son and son in-law Camões, three years after the author returned from the East.[14] 1572: The 9 years old Tai'zi, Zhu Yijun ascended the throne of Ming dynasty, known as Wanli Emperor. 1573: After heavy losses on both sides the siege of Haarlem ends in a Spanish victory.St. Bartholomew's Day massacre of French Protestants 1574: in the Eighty Years' War the capital of Zeeland, Middelburg declares for the Protestants. 1574: After a siege of 4 months the siege of Leiden ends in a comprehensive Dutch rebel victory. 1575: Oda Nobunaga finally captures Nagashima fortress. 1575: Following a five-year war, the Ternateans under Sultan Babullah defeated the Portuguese. 1576: Tamasas I, Safavid shah, dies. 1576: The Battle of Haldighati is fought between the ruler of Mewar, Maharana Pratap and the Mughal Empire's forces under Emperor Akbar led by Raja Man Singh. 1576: Sack of Antwerp by badly paid Spanish soldiers. 1577-1580: Francis Drake circles the world. 1577: Ki Ageng Pemanahan built his palace in Pasargede or Kotagede. 1578: King Sebastian of Portugal is killed at the Battle of Alcazarquivir. 1578: The Portuguese establish a fort on Tidore but the main centre for Portuguese activities in Maluku becomes Ambon.[12] 1578: Sonam Gyatso is conferred the title of Dalai Lama by Tumed Mongol ruler, Altan Khan. Recognised as the reincarnation of two previous lamas, Sonam Gyatso becomes the third Dalai Lama in the lineage.[15] 1578: Governor-General Francisco de Sande officially declared war against Brunei in 1578, starting the Castilian War of 1578. 1579: The Union of Utrecht unifies the northern Netherlands, a foundation for the later Dutch Republic. 1579: The Union of Arras unifies the southern Netherlands, a foundation for the later states of the Spanish Netherlands, the Austrian Netherlands and Belgium.The Irish Gaelic chieftain's feast, from The Image of Ireland 1579: The British navigator Sir Francis Drake passes through Maluku and transit in Ternate on his circumnavigation of the world. The Portuguese establish a fort on Tidore but the main centre for Portuguese activities in Maluku becomes Ambon. [16] The fall of Spanish Armada 1580: Drake's royal reception after his attacks on Spanish possessions influences Philip II of Spain to build up the Spanish Armada. English ships in Spanish harbours are impounded. 1580: Spain unifies with Portugal under Philip II. The struggle for the throne of Portugal ends the Portuguese Empire. The Spanish and Portuguese crowns are united for 60 years, i.e. until 1640. 1580-1587: Nagasaki comes under control of the Jesuits. 1581: Dutch Act of Abjuration, declaring abjuring allegiance to Philip II of Spain. 1581: Bayinnaung dies at the age of 65. 1582: Oda Nobunaga commits seppuku during the Honnō-ji Incident coup by his general, Akechi Mitsuhide. 1582: Pope Gregory XIII issues the Gregorian calendar. The last day of the Julian calendar was Thursday, 4 October 1582 and this was followed by the first day of the Gregorian calendar, Friday, 15 October 1582 1582: Yermak Timofeyevich conquers the Siberia Khanate on behalf of the Stroganovs. 1583: Denmark builds the world's first theme park, Bakken. 1583: Death of Sultan Babullah of Ternate. 1584-1585: After the siege of Antwerp, many of its merchants flee to Amsterdam. According to Luc-Normand Teller, "At its peak, between 1510 and 1557, Antwerp concentrated about 40% of the world trade... It is estimated that the port of Antwerp was earning the Spanish crown seven times more revenues than the Americas." [17] 1584: Ki Ageng Pemanahan died. Sultan Pajang raised Sutawijaya, son of Ki Ageng Pemanahan as the new ruler in Mataram, titled "Loring Ngabehi Market" (because of his home in the north of the market). 1585: Akbar annexes Kashmir and adds it to the Kabul SubahPortuguese fusta in India from a book by Jan Huygen van Linschoten 1585: Colony at Roanoke founded in North America. 1585-1604: The Anglo-Spanish War is fought on both sides of the Atlantic. 1587: Mary, Queen of Scots is executed by Elizabeth I. 1587: The reign of Abbas I marks the zenith of the Safavid dynasty. 1587: Troops that would invade Pajang Mataram Sultanate storm ravaged the eruption of Mount Merapi. Sutawijaya and his men survived. 1588: Mataram into the kingdom with Sutawijaya as Sultan, titled "Senapati Ingalaga Sayidin Panatagama" means the warlord and cleric Manager Religious Life. 1588: England repulses the Spanish Armada. 1589: England repulses the Spanish Armada. 1589: Spain repulses the English Armada. 1589: Catherine de' Medici dies at aged 69. Abu'l-Fazl ibn Mubarak presenting Akbarnama to Mughal Azam Akbar, Mughal miniature 1590: Siege of Odawara. The Go-Hojo clan surrender to Toyotomi Hideyoshi, and Japan is unified. 1591: Gazi Giray leads a huge Tatar expedition against Moscow. 1591: In Mali, Moroccan forces of the Sultan Ahmad al-Mansur led by Jadar Pasha defeat the Songhai Empire at the Battle of Tondibi. 1592-1593: John Stow reports 10,675 plague deaths in London, a city of approximately 200,000 people. 1592-1598: Korea, with the help of Ming dynasty China, repels two Japanese invasions. 1593-1606: The Long War between the Habsburg monarchy and the Ottoman Turks. 1594: St. Paul's College, Macau, founded by Alessandro Valignano. 1595: First Dutch expedition to Indonesia sets sail for the East Indies with two hundred and forty-nine men and sixty-four cannons led by Cornelis de Houtman.[18] 1596: Birth of René Descartes. 1596: June, de Houtman's expedition reaches Banten the main pepper port of West Java where they clash with both the Portuguese and Indonesians. It then sails east along the north coast of Java losing twelve crew to a Javanese attack at Sidayu and killing a local ruler in Madura.[18] 1597: Romeo and Juliet is published. 1597: Cornelis de Houtman's expedition returns to the Netherlands with enough spices to make a considerable profit.[18] 1598: The Edict of Nantes ends the French Wars of Religion. 1598: Abbas I moves Safavids capital from Qazvin to Isfahan in 1598. 1598-1613: Russia descends into anarchy during the Time of Troubles. 1598: The Portuguese require an armada of 90 ships to put down a Solorese uprising.[12] (to 1599) 1598: More Dutch fleets leave for Indonesia and most are profitable.[18]Edo period screen depicting the Battle of Sekigahara 1598: The province of Santa Fe de Nuevo México is established in Northern New Spain. The region would later become a territory of Mexico, the New Mexico Territory in the United States, and the US State of New Mexico. 1598: Death of Toyotomi Hideyoshi, known as the unifier of Japan. 1599: The Mali Empire is defeated at the Battle of Jenné. 1599: The van Neck expedition returns to Europe. The expedition makes a 400 per cent profit.[18] (to 1600) 1599: March, Leaving Europe the previous year, a fleet of eight ships under Jacob van Neck was the first Dutch fleet to reach the 'Spice Islands' of Maluku.[18] 1600: Giordano Bruno is burned at the stake for heresy in Rome.Siege of Filakovo castle during the Long Turkish War 1600: Battle of Sekigahara in Japan. End of the Warring States period and beginning of the Edo period. 1600: The Portuguese win a major naval battle in the bay of Ambon.[19] Later in the year, the Dutch join forces with the local Hituese in an anti-Portuguese alliance, in return for which the Dutch would have the sole right to purchase spices from Hitu.[19] 1600: Elizabeth I grants a charter to the British East India Company beginning the English advance in Asia. 1600: Michael the Brave unifies the three principalities: Wallachia, Moldavia and Transylvania after the Battle of Selișbăr from 1599. For later events, see Timeline of the 17th century. Polybius' The Histories translated into Italian, English, German and French.[20] Mississippian culture disappears. Medallion ring, variant Star Ushak style, Anatolia (modern Turkey), is made. It is now kept at the Saint Louis Art Museum. Hernan Cortes (1485-1547) Henry VIII, (1491-1547) King of England and Ireland Don Fernando Alvarez de Toledo (1507-1582) Suleiman the Magnificent, Sultan of the Ottoman Empire (1520-1566) Ivan IV the Terrible (1530-1584) Oda Nobunaga (1534-1582) Sir Francis Drake (c. 1540 - 1596) Alberico Gentili, (1552-1608) the Father of international law Philip II of Spain, King of Spain (1556-1598) Akbar the Great, Mughal emperor (1556-1605) Related article: List of 16th century inventions. The Columbian Exchange introduces many plants, animals and diseases to the Old and New Worlds. Introduction of the spinning wheel revolutionizes textile production in Europe. The letter j is introduced into the English alphabet. 1500: First portable watch is created by Peter Henlein of Germany.The Iberian Union in 1598, under Philip II, King of Spain and Portugal 1513: Juan Ponce de León sights Florida and Vasco Núñez de Balboa sights the eastern edge of the Pacific Ocean. 1519-1522: Ferdinand Magellan and Juan Sebastián Elcano lead the first circumnavigation of the world. 1519-1540: In America, Hernando de Soto expeditions map the Gulf of Mexico coastline and bays. 1525: Modern square root symbol (√) 1540: Francisco Vázquez de Coronado sights the Grand Canyon. 1541-42: Francisco de Orellana sails the length of the Amazon River. 1542-43: Firearms are introduced into Japan by the Portuguese. 1543: Copernicus publishes his theory that the Earth and the other planets revolve around the Sun 1545: Theory of complex numbers is first developed by Gerolamo Cardano of Italy. 1558: Camera obscura is first used in Europe by Giambattista della Porta of Italy. 1559-1562: Spanish settlements in Alabama/Florida and Georgia confirm dangers of hurricanes and local native warring tribes. 1565: Spanish settlers outside New Spain (Mexico) colonize Florida's coastline at St. Augustine. 1565: Invention of the graphite pencil (in a wooden holder) by Conrad Gesner. Modernized in 1812. 1568: Gerardus Mercator creates the first Mercator projection map. 1572: Supernova SN 1572 is observed by Tycho Brahe in the Milky Way. 1582: Gregorian calendar is introduced in Europe by Pope Gregory XIII and adopted by Catholic countries. c. 1583: Galileo Galilei of Pisa, Italy identifies the constant swing of a pendulum, leading to development of reliable timekeepers. 1585: earliest known reference to the 'sailing carriage' in China. 1589: William Lee invents the stocking frame. 1591: First flush toilet is introduced by Sir John Harrington of England, the design published under the title "The Metamorphosis of Ajax". 1593: Galileo Galilei invents a thermometer. 1596: William Barents discovers Spitsbergen. 1597: Opera in Florence by Jacopo Peri. Entertainment in the 16th century ^ a b Modern reference works on the period tend to follow the introduction of the Gregorian calendar for the sake of clarity; thus NASA's lunar eclipse catalogue states "The Gregorian calendar is used for all dates from 1582 Oct 15 onwards. Before that date, the Julian calendar is used." For dates after 15 October 1582, care must be taken to avoid confusion of the two styles. ^ de Vries, Jan (14 September 2009). "The limits of globalization in the early modern world". The Economic History Review. 63 (3): 710-733. CiteSeerX 10.1.1.186.2862. doi:10.1111/j.1468-0289.2009.00497.x. JSTOR 40929823. S2CID 219969360. SSRN 1635517. ^ Singh, Sarina; Lindsay Brown; Paul Clammer; Rodney Cocks; John Mock (2008). Pakistan & the Karakoram Highway. Vol. 7, illustrated. Lonely Planet. p. 137. ISBN 978-1-74104-542-0. Retrieved 23 August 2010. ^ Babur (2006). Babur Nama. Penguin Books. p. vii. 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An Encyclopedia of World History (5th ed. 1973); highly detailed outline of events online free Media related to 16th century at Wikimedia Commons Institutions of 16th century events, science, culture and persons Retrieved from " 4 The following pages link to 16th century External tools (link count transclusion count sorted list) - See help page for transcluding these entries Showing 50 items. View (previous 50 | next 50) (20 | 50 | 100 | 250 | 500)Bapippies (links | edit) List of decades, centuries, and millennia (links | edit) Fashion (links | edit) Giovanni Boccaccio (links | edit) History of Mali (links | edit) History of Mauritius (links | edit) Post office (links | edit) Snare drum (links | edit) Republican Party (United States) (links | edit) 20th century (links | edit) 15th century (links | edit) 17th century (links | edit) 1624 (links | edit) 1626 (links | edit) 1642 (links | edit) 1661 (links | edit) 1608 (links | edit) 1492 (links | edit) 14th century (links | edit) 1st century (links | edit) 13th century (links | edit) 4th century (links | edit) 12th century (links | edit) 11th century (links | edit) 1564 (links | edit) 1648 (links | edit) 1572 (links | edit) 1623 (links | edit) 1662 (links | edit) 1490s (links | edit) 1640s (links | edit) 1597 (links | edit) 1690 (links | edit) 1688 (links | edit) 7th century (links | edit) 10th century (links | edit) 9th century (links | edit) 8th century (links | edit) 6th century (links | edit) 5th century (links | edit) 1573 (links | edit) 1574 (links | edit) 1570s (links | edit) 1574 (links | edit) 1436 (links | edit) 1476 (links | edit) 1542 (links | edit) 1540s (links | edit) View (previous 50 | next 50) (20 | 50 | 100 | 250 | 500) Retrieved from " WhatLinksHere/16th. century" Modern Dance is closely related to the dance style Contemporary. However, Modern Dance is a much older version of expressive dance that has existed since the beginning of classical ballet and standard dances. Modern Dance has been evolving since the year 1900, and parts of this early variation of contemporary dance can be admired in old shows, performances, and even silent films. Naturally, the style of Modern Dance has continually changed in line with its name. Every era, every generation, and every individual are influenced by their own emotions, which can be processed and danced in Modern Dance. Thus, this dance style always takes on its own individual character. Modern Dance is liberating and full of emotions. Whether political, cultural, or private themes are processed in this modern expressive dance, the dancers always put their hearts into it, becoming one with the music and movement. Modern Dance wear Tops: Look for tops that are made from breathable, moisture-wicking fabrics like cotton or polyester. You'll want something that will move with you and not restrict your range of motion. Tank tops, camisoles, and fitted T-shirts are all popular choices. Bottoms: Leggings, capri pants, and joggers are all good options for bottoms. Again, make sure the fabric is breathable and comfortable. You can also consider wearing shorts or a skirt, but make sure they are long enough to avoid riding up during your movements. Shoes: Bare feet are common in modern dance, as they allow for the best connection with the floor. However, if you prefer to wear shoes, choose something that is lightweight and flexible, such as jazz shoes or dance sneakers. Underwear: Wear supportive underwear that won't bunch or ride up. You may also want to consider wearing dance tights or leggings under your clothes for added warmth and coverage. Modern Dance Techniques The vibrant world of modern dance boasts a diverse range of styles, each with its own unique flavor and approach to movement. Here's a glimpse into some prominent types you might encounter: Graham Technique: Pioneered by Martha Graham, this influential technique emphasizes powerful contractions, spirals, and falls, exploring raw emotions and intense imagery. Imagine dancers digging their feet into the ground, reaching with outstretched arms, and moving with dramatic expressiveness. Limón Technique: Founded by José Limón, this technique focuses on fluidity, weight transfer, and the use of breath to guide movement. Think dancers flowing seamlessly across the floor, utilizing dynamic changes in tempo and incorporating balletic influences. Horton Technique: Developed by Lester Horton, this technique emphasizes anatomical alignment, spatial awareness, and dynamic changes in energy. Picture dancers exploring diverse movement qualities, from explosive jumps to grounded stillness, with a focus on athleticism and power. Release Technique: Founded by Mary Overlie and Audrey Keane, this technique prioritizes releasing muscular tension and responding to gravity. Imagine dancers moving with a sense of weightlessness, exploring falls, spirals, and floor work with a focus on organic flow and improvisation. Contact Improvisation: This improvisational dance form involves spontaneous interaction between dancers, using touch and weight-sharing to create dynamic movement sequences. Think dancers physically connecting, supporting, and challenging each other in ever-evolving, unpredictable patterns. Postmodern Dance: As modern dance evolved, Postmodern dance emerged in the mid-20th century, challenging traditional techniques and forms. It often incorporates humor, theatricality, and everyday movement, questioning conventions and pushing boundaries. Imagine dancers using everyday objects as props, engaging in playful gestures, and breaking away from structured choreography. Modern Dance steps Chasse: A simple jump found often in modern dance, involving shifting the weight while in a pike stance and then jumping so both feet are vertical together in the air. Curl Down and Up: Starting in jazz first position, this step involves curling the spine over slowly, bending the knees, and then growing back upward, one section of the spine at a time. Leg Swings: Involves standing in parallel first position and swinging the leg forward with a pointed toe, then brushing it through the first position and following through backward, slightly bending the knee. Flat Back: After bonding over, raise the torso back up with the arms in high fifth position, executed with discipline and flexibility. Tendu: A movement where the foot points forward and back into parallel first, and then to the side and back, alternating in a rhythm Modern Dance contemporary Contemporary dance is a style of dance that has evolved from modern dance and ballet. It is characterized by its fluid and expressive movements, which are often improvised and free-flowing. Contemporary dance is not codified, unlike modern dance, which has specific rules that govern body placement, movement qualities, and choreographic composition. Contemporary dance combines several elements of several dance genres, including modern, jazz, lyrical, and classical ballet. Contemporary dance is often performed to many different styles of music, and it stresses versatility and improvisation, unlike the strict, structured nature of ballet. Contemporary dancers focus on floorwork, using gravity to pull them down to the floor. This dance genre is often done in bare feet. Contemporary dance can be performed to many different styles of music. Pioneers of contemporary dance include Isadora Duncan, Martha Graham, Merce Cunningham, and Lester Horton; they all believed that dancers should have freedom of movement, allowing their bodies to freely express their innermost feelings. Modern Dance types Lyrical or Contemporary Dance: Lyrical or contemporary dance is a style that blends elements of ballet and jazz dance. It focuses on expressing emotions and telling a story through fluid and graceful movements. Contemporary dance stresses versatility and improvisation, unlike the strict, structured nature of ballet. It can be performed to many different styles of music and often involves floorwork, using gravity to pull dancers down to the floor. Jazz Dance: Jazz dance is a dynamic and expressive dance style that combines the techniques of ballet and contemporary dance with original African influences. It is known for its rhythmic and sensuous choreography, featuring unique moves, complex footwork, and exciting, energetic performances. Jazz dance often incorporates isolations, grounded movement, syncopation, and contractions. Hip Hop Dance: Hip hop dance is a style characterized by bounces and rocks executed to hip hop music. It has deep historical and social roots in African American culture and was developed without a formal structure. Hip hop dance includes elements such as isolations, popping, locking, and breaking, and it has a competitive nature, with dancers challenging each other with their moves Pure Emotions in Modern Dance Modern Dance can be danced solo or in groups. Stories can be told here, and feelings and situations are expressed through dance steps and movements that harmonize perfectly with the selected music. Modern Dance can be danced to all music styles. The crucial aspect is that the dancer can identify with the music, and it aligns thematically with the dance. The dress code for Modern Dance is also absolutely casual, and what the dancers wear is dictated by the choreography and what makes them feel comfortable. Modern Dance is often characterized by dancers wearing tight stockings, leggings, shirts, or flowing dresses and scarves. The history itself often influences the outfit. Mostly, dancers dance barefoot, but here too, the dancer can decide on suitable footwear based on personal moods. Learning Modern Dance - Time to Dance Out Emotions Modern Dance is undoubtedly a beautiful hobby. You are in motion, strengthening your muscles, regularly stretching your body, and promoting flexibility, tension, and posture. Dance also has a positive impact on self-confidence and is good for the body, mind, and soul. The challenge often arises when finding the right dance partner. Not always is a life partner enthusiastic about the Modern Dance project. However, you can easily learn this dance style alone or encourage your best friend or friend to learn something exciting and new with you. Whatever the case, you can definitely register with Lets-Dance. Here you have the opportunity to find like-minded people through a portal, and maybe you'll be joining in Modern Dance to process your emotions after a short time. With Modern Dance, you are guaranteed to discover a fantastic new hobby for yourself.To display this content, please agree to our functional cookies.Activate functional cookies