

# Integrating Character Dance into Classical Dance Technique: Enhancing Technical and Expressive Abilities in Dance Education

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## PURPOSE

This study investigates how integrating Character Dance into Classical Dance Technique classes enhances students' technical, expressive and narrative skills, fostering more versatile and proficient dancers.

## OBJECTIVES

- To explore the impact of integrating Character Dance into Classical Dance Technique classes on students' technical, expressive, and narrative abilities.
- To investigate the interdisciplinary and transdisciplinary approach to dance education.

## METHODS

An action research methodology consisting of four phases: Observation, Shared Teaching, Autonomous Teaching and Complementary activities.

This study involved teaching hours coordinated with the Ana Mangericão Dance Conservatory (EDAM—Portugal) and their students, 4th and 5th Grade of Specialized Artistic Education (EAE)\*

## RESULTS

Key findings include significant improvements in students' technical skills, expressive abilities, narrative integration and overall improved artistic quality awareness.

## CONCLUSIONS

This study emphasized the value of integrating Character Dance with Classical Ballet, offering a holistic pedagogical approach that enhances both technical proficiency and artistic versatility. Key improvements include:

- Musicality and movement precision.
- Spatial awareness and floor patterns.
- Historical, cultural and geographic awareness.

The interdisciplinary and transdisciplinary methods provide a framework for enriching dance education.

