LATISHA HARDY
DON'T JUST DANCE EXPERIENCE

MODERN 102/103 SYLLABI BREAKDOWN

CLAIRE FRANCO

TUESDAYS
7:30P-8:30P
STUDIO 1

A INTRODUCTION TO HORTON

10/14/2025 WEEK ONE: CLASS EXPECTATIONS & INTRODUCTION TO MODERN TECHNIQUE
10/21/2025 WEEK TWO: FLOOR WORK & FORTIFICATION 1
10/28/2025 WEEK THREE: LATERAL T'S & FORTIFICATION 2
11/4/2025 WEEK FOUR: LEG SWINGS & FORTIFICATION 1-2 REVIEW

B UPPER BODY PLACEMENT

11/11/2025 WEEK ONE: FLAT BACKS & FORTIFICATION 3
11/18/2025 WEEK TWO: PRONE POSITIONS & FORTIFICATION 4
11/25/2025 WEEK THREE: SIDE TILTS & FORTIFICATION 3-4 REVIEW
12/2/2025 WEEK FOUR: HIP ISOLATIONS & FORTIFICATION 1-4 REVIEW

C LOWER BODY PLACEMENT

12/9/2025 WEEK ONE: COCCYX BALANCE & FORTIFICATION 5
12/16/2025 WEEK TWO: STANDING HINGES & FORTIFICATION 6
12/23/2025 WEEK THREE: SPRIAL TURNS, CONTRACT & RELEASE, FORTIFICATION 5-6 REVIEW
12/30/2025 WEEK FOUR: LEG EXTENSIONS (PARALLEL & TURNED OUT) & FORTIFICATION 7
1/6/2026 WEEK FIVE: STAG POSITIONS & FORTIFICATION 8

D STAMINA & TECHNIQUE

1/13/2026 WEEK ONE: ATTITUDE TURNS & FORTIFICATION 10
1/20/2026 WEEK TWO: JUMPS, PRANCES, STAGS & FORTIFICATION 11
1/27/2026 WEEK THREE: TRAVELING HINGES, DIRECTIONAL CHANGES, & FORTIFICATION 10-11
2/3/2026 WEEK FOUR: LAYOUTS, BACK STABILITY, & FORTIFICATION 12

E POWER & STRENGTH

2/10/2026 WEEK ONE: LARGE JUMPS (TILT, STAG, GRANDE BATTEMENT) & FORTIFICATION 13
2/17/2026 WEEK TWO: LUNGE PRELUDE SERIES & FORTIFICATION 12-13 REVIEW
2/24/2026 WEEK THREE: COMPLEX SPIRAL SEQUENCES & FORTIFICATION 14
3/3/2026 WEEK FOUR: OVERALL REVIEW & FOCUS ON STUDENTS NEEDS

F ADVANCED HORTON & REVIEW

3/10/2026 WEEK ONE: FORTIFICATIONS 1-5 IN A SINGLE SEQUENCE
3/17/2026 WEEK TWO: FORTIFICATIONS 6-10 IN A SINGLE SEQUENCE
3/24/2026 WEEK THREE: FORTIFICATIONS 11-14 SEQUENCE & STAMINA DRILL
3/31/2026 WEEK FOUR: ACROSS THE FLOOR MASTER SEQUENCE REVIEW
4/7/2026 WEEK FIVE: FULL MODERN CLASS & CELEBRATIONS

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CLASS DESCRIPTION

COURSE PREREQUISITE

NONE

COURSE INSTRUCTOR

CLAIRE FRANCO

HORTON MODERN COURSE EXPECTATIONS

This progressive 26-week Horton Modern curriculum ensures students receive a well-rounded modern dance education rooted in Lester Horton's technique. It gradually develops strength, endurance, and flexibility while building precision, musicality, and expressive movement quality. Each week introduces and reinforces foundational exercises, fortifications, and movement phrases, providing a solid base for cross-training with Latin dance and supporting dancers' overall performance skills.

WORD BANK

Core Positions & Allignment				
Parallel 1-3	Flat Back	Hinge	Side Tilt	Lateral T
Modern 1st (arms)	Prone Position	Contract	Release	Coccyx Balance
Table Top	Stag Position	Attitude	Primitive Squat	Lunge

Across the Floor & Traveling Steps				
Triplet	Prance	Chassé	Leap (Grand Jeté)	Tilt Jump
Stag Jump	Lunge Series	Modern Runs	Pas de bourrée	

Prelude & Fortification Studies		
Prelude Studies	1 - 6	Introductory movement series before fortifications (roll down, lateral stretch, release swings, primitive squat, lunge stretch, tabletop)
Fortification Studies	1 - 14	Numbered sequences focusing on specific movement qualities and muscle groups
Lestor Horton	1920's	In the 1920s - '40s, Lester Horton developed a modern dance technique based on Native American dances, anatomical studies, and other movement influences.

Dynamic Qualities				
Percussive	Sustained	Suspended	Swinging	Vibratory