

# INTERNATIONAL TEACHING WEEK

## Dancing

### Sharon Phelan

Munster Technological University, IRELAND

#### 1 Native Irish Stepdancing and Country dancing since the Eighteenth Century: Traditional and Modern Styles of Movement

This workshop explores the development of solo Irish step dancing since the eighteenth century. Initially, the lecturer will discuss the history of step dancing during a short presentation. Then, she will teach participants, basic dance steps, using percussion and music.

#### 2 Irish Figure and Céilí Group Dancing: International and Political Influences

This workshop explores Irish group dancing. The dance types selected are figure dancing and céilí dancing. Firstly, the lecturer will highlight international and political influences, on these group dances, during a short presentation. Then, she will teach participants how to perform them practically.

### Ayelet Dunsky

The Levinsky-Wingate Academic College, ISRAEL

#### 1 Biomechanical principles related to dance

The lecture will cover the following main themes: Key biomechanical factors in dance, Newton's laws of motion and their application, linear versus angular motion, balance, kinetic chain and force distribution, energy efficiency, and injury prevention in dance.

#### 2 Biomechanical aspects of dance among the older-adult population

The lecture will cover the following main themes: Biomechanics of aging and movement, key biomechanical aspects in dance for older adults, dance as a functional movement training tool (including how dance improves mobility and daily function, and dance as a falls prevention strategy), and practical applications.



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**Saša Jovanović**

University of Banja Luka, BOSNIA AND HERZEGOVINA

### 1 Salsa: Can we move together?

Discover the vibrant world of Salsa dancing where two bodies learn to move as one. In this practical workshop, you'll learn fundamental Salsa techniques while exploring the delicate art of connection and partnership. We'll focus on clear leading and following skills that create a harmonious dance conversation between partners. Join us for an energetic session that will have you moving confidently to the rhythm of this passionate Latin dance.

### 2 Bachata: Do You feel your spine?

Explore the sensual and fluid movements of Bachata as you awaken awareness throughout your entire spine. This practical workshop focuses on the signature body waves and isolations that give Bachata its distinctive, intimate character. You'll learn how proper spinal articulation creates both aesthetic beauty and deeper connection with your partner. Experience how conscious movement through your center creates a more expressive and authentic dance, allowing you to fully embody Bachata's emotional essence.



**Jan Vindiš**

Palacký University Olomouc, CZECH REPUBLIC

### 1 House Dance: From Underground to Mainstream

In this practical session, we'll explore house dance – a dynamic street style that grew out of the underground club culture in Chicago during the 1980s. The class will cover a brief history of the style and introduce you to its foundational steps, including pas de bourrée, chase, and heel toe. Try to connect with the rhythm, feel the groove, and experience the energy of house music through movement.



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**Marta Bobo Arce**

Universidade da Coruña, SPAIN

1 **Dressing up the movement: playing with the aesthetics of dance**

This workshop explores how basic emotions—joy, sadness, fear, anger, and disgust—shape movement and dance expression. Participants will model dance motor patterns and adapt simple choreography to different movement styles, guided by a blend of music and emotions.

2 **Space, Rhythm and Dynamics: the Subjective Dimensions of Performance**

This workshop focuses on measuring and structuring movement in time through beats, tempo, silence, and rhythm. Participants will explore how character and expression emerge by playing with melody and movement dynamics—moving fast or slow, accelerating or decelerating, and shifting between soft and sharp qualities.



**Shira Robbins**

The Levinsky-Wingate Academic College, ISRAEL

1 **LifeDance – Dancing Towards Growth (for women)**

The workshop offers a transformative experience that combines physical movement with emotional and mental growth. This session invites participants to connect deeply with themselves through structured routines, free dance, and guided exercises that encourage self-expression and creativity. LifeDance is more than just a physical activity; it is a journey toward mental empowerment. Participants will explore themes such as self-worth, resilience, and personal empowerment through dance and coaching-inspired activities. The session culminates in a freeing and joyful dance experience, leaving participants feeling recharged, inspired, and connected to their inner strength.

2 **The Brain, Happiness, and the World of Dance – A Biological and Emotional Connection**

This lecture explores the fascinating connection between the brain, emotions, and happiness, offering a unique perspective on how understanding the biological underpinnings of our emotions can enhance our daily lives. We will dive into the roles of the "four happiness chemicals" – dopamine, serotonin, endorphins, and oxytocin – and learn how movement and music activate these powerful mechanisms.



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**Janita Frantsi**

University of Alberta, CANADA

### 1 Hip Hop

Starting as community gatherings on the streets of New York, Hip Hop quickly grew in social significance and popularity and is now found in different settings, from competitions to movies to theatre stages to even breaking in the Olympics! In this workshop, we will connect to the historical and cultural context of Hip Hop and explore its common movement characteristics. Through dancing together, we get to learn and share some moves and find our groove!

### 2 Mindfulness in Dance

Physical training is a major part of dance training. However, sometimes the focus on the body from the outside can be overemphasized in dance training. In this workshop, we will investigate the need for mindfulness in dance and explore practices that can encourage dancer's body awareness and mindfulness. We will try out practices from mindful modalities, such as Pilates and yoga, and explore how elements of them can be incorporated into dance classes and dance training.



**Kristýna Janečková**

Palacký University Olomouc, CZECH REPUBLIC

### 1 Step Into the Joy of Polka! A Dance That Will Lift Your Spirits!

Ever wanted to dance with energy, joy, and a touch of old-world charm? Then Polka is calling your name! This fast-paced, foot-tapping dance from Bohemia has been bringing people together for nearly 200 years—and now it's YOUR turn to join the fun!



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## Đurđica Miletić & Alen Miletić

University of Split, CROATIA

### 1 Folk Dances in Physical Education & Characteristics of Croatian Folk Dances from Adriatic Dance Zone; Learning Croatian Folk Dance (Lindo) Adapted for PE Class

Folk dances as a form of cultural and artistic manifestation that can express feelings, states, beliefs, religion, daily life, or important national events, reflect the cultural values of the society to which they belong. Folk dance education and the implementation of folk dances in the Physical education (PE) curricula have multiple goals which today can be linked to the Sustainable Development Goals (SDGs). Basic educational goals during the dance implementation in the PE curricula are considered as: (1) Nurturing national heritage, original traditions, and culture; (2) Development of the children's anthropological features; (3) Developing inclusiveness and gender tolerance and (4) developing critical thinking skills.



## Cerasela Domokos

West University of Timisoara, ROMANIA

### 1 Romanian Traditional Dances

Discover the magic of Romanian traditional dances in this engaging workshop, where you'll explore the rich cultural heritage of Romania through movement and music. Learn iconic dances like the lively 'Hora,' performed in a circle, and the intricate 'Sârba,' which embody the communal spirit and storytelling traditions of Romanian communities.

### 2 Cha Cha Cha Adapted for Students of the Faculty of Physical Education and Sport

Step into the rhythm with our Cha Cha Cha workshop, specially tailored for students of the Faculty of Physical Education and Sport! This dynamic session highlights the dance's energetic movements to boost coordination and agility, while fostering teamwork and musicality. Create a good posture, master footwork precision, and enhance spatial awareness, blending physical activity with the vibrant artistry of dance.



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## GUEST PERFORMANCE SYNOPSIS

### Janita Frantsi: Dancing With Foucault - Discipline in Dance

Common practices in western dance training include structured technique exercises, set movement tempo, and clear pathways through the space. From a Foucauldian perspective, this kind of training can produce dancers as skilled and productive but also discourage body awareness and mindfulness. Combining dancing and sociocultural research, this dance performance aims to question some of the taken-for-granted practices and think creatively about the body in dance.

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