Video for Contemporary Dance Specialisation (For Reference Only)
現代舞專業考生視頻要求 (只供參考)

	Video content 視頻內容
1.	a. Self introduction 自我介紹 - Name 姓名 - Age 年齡 - Information of previous dance training 簡介受過的舞蹈訓練 Please explain why you applied for the HKAPA School of Dance. 請說明報考香港演藝學院舞蹈學院的原因 b. Physicality 身體條件 - Facing camera, full body must be visible, holding for 5 seconds 面向鏡頭，全身入鏡，正步垂手站立 5 秒鐘 - Facing front 正面 - Facing side 側面 - Facing back 背面
2.	Contemporary / Modern Dance technique (minimum 10 minutes or maximum 15 minutes long) 現代舞 / 當代舞技巧 (不能少於十分鐘或多於十五分鐘) Including: basic warm up (plie / tendu / spinal roll / leg extensions) 包括基本熱身 (蹲 / 擦地 / 脊椎卷起卷下 / 腿部延伸與控制等) Floor work 地面技術 Demonstrating movement cohesion and expansion of the body to move in and out of the floor efficiently with speed. 以快速有效地在地面流動來展示動作的凝聚力和身體的張力。 - weight efficiency 有效地移動重心

	- dynamic movement ranges 動作的力度幅度 - variation on movement quality 動作質感的變化 Travelling / Jumps 移動及跳躍 Dynamic range of movement across the space including variations on jumps. 在空間流動的動作展示，包括不同的跳躍動作。 - a range of movement flow 一系列的流動動作 - use of levels 運用高低的改變 - big/small jumps that should demonstrate an ability to fully stretch legs in the air 做大小跳時能夠展示在空中延伸雙腿的能力 - artistic quality within the movement 展現動作中的藝術性
3.	Repertory 劇目 Please choose from one of the two options: Repertory, learnt or self created contemporary dance solo <u>OR</u> free movement improvisation incorporating the 3 tasks given. 請在以下選擇一或者二：劇目，曾經學過的劇目或者自我創作的一段當代舞獨舞，<u>或者</u> 沒有動作風格限制的即興表演，但要包含三個主題。 1. Learnt or self created contemporary dance solo 曾經學過的劇目或者自我創作的當代舞獨舞 Perform a learnt solo/variation or self created contemporary dance solo which should demonstrate a high standard of artistic quality/expression, dynamic range, musicality and a strong sense of performative presence (minimum 1 minute or maximum 3 minutes long) 表演一段曾經學過的獨舞或者自我創作的當代舞能夠呈現高水平的藝術性/表現力，動態的幅度，音樂感和強烈的舞臺存在感 （不能少於一分鐘或多於三分鐘） 2. Free movement improvisation 沒有動作風格限制的即興表演 Free movement improvisation should be spontaneous to display a range of dynamics and movement qualities (minimum 1 minute or maximum 3 minutes long). The free movement improvisation should incorporate the following elements: 沒有動作限制的即興表演應該是通過展示一系列不同質感和力度的動作而自然產生的 （不能少於一分鐘或多於三分鐘）。即興表演應該包含以下元素：

	- moving from one corner of the space to the opposite corner of the space beginning low and ending as high up from the floor as you can. 從空間的一個角落移動到空間的另一個角落，開始時低，結束時盡可能高。 - create movement using circular patterns 使用圓形模式創建動作 - use of repetition of movement 使用重複的動作
4.	Other dance skills 其它舞蹈技術 - hip hop 嘻哈 - ballet 芭蕾舞 - flamenco 西班牙舞 - break dance 霹靂舞 - any other dance styles and genres. 任何其他舞蹈風格和流派。 (30 seconds to 1 minute) （30 秒鐘 - 1 分鐘）
	Video criteria 視頻要求 - Video must be filmed at the same location. Full body of applicant must be visible at all times. Video image and sound must be in high quality and consistent. 必須在同一地點錄製視頻，必須從頭至尾全身入鏡，高質像素及音質。 - Applicant applying for more than one Specialisation please submit separate set of videos for each Specialisation. 申請者如申請多個專業必須另外提交申請每個專業的視頻