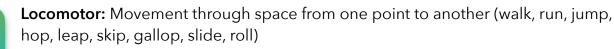
Arts Integration and STEAM Resource

THE ELEMENTS OF Dance

MOVEMENT



Non-Locomotor: Movement around the body's axis (bend, twist, stretch, push, pull, swing, shake, circle, sway, carve, fall, melt, turn, kick, press, rise, sink, burst, wiggle)

BODY

Shape: A frozen pose (curves, straight, angular, twisted, narrow, wide, symmetrical, asymmetrical)

Part: Body parts (head, eyes, torso, shoulder, arms, fingers, elbows, hands, hips, legs, knees, feet, ankles, etc)

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Shelf Space:	Space
General Space:	Space
Level:	High, r
Direction:	Forwar
Pathway:	Curveo
Size:	Big, sm
Focus:	Directi

Space immediately around the body Space throughout the room High, medium or low Forward, backward, sideways, up, down Curved, straight, zigzag, diagonal Big, small, narrow, wide Direction of gaze

TIME



Tempo: Fast, medium, slow

Rhythm: A succession of movement or sounds of various duration.

ENERGY



Weight: Strong (heavy, firm, powerful), light (gentle, soft)

Flow: Free (continuous, fluid movement), bound (restrained, controlled)

Quality: Sharp, sudden, smooth, sustained, tight, loose, suspended, collapsed, heavy, weak, percussive

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