

THE ELEMENTS OF DANCE

Mv

MOVEMENTS

Locomotor: Movement through space from one point to another (walk, run, jump, hop, leap, skip, gallop, slide, roll)

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)

Bd

Sp

SPACE

Shelf Space: Space immediately around the body

General Space: Space throughout the room

Level: High, medium or low

Direction: Forward, backward, sideways, up, down

Pathway: Curved, straight, zigzag, diagonal

Size: Big, small, narrow, wide

Focus: Direction of gaze

TIME

Tempo: Fast, medium, slow

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

Tm

En

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