

Elements of Dance

Time

- Stillness – still/moving
- Tempo – fast, slow, speeding up/slowing down
- Rhythm – musical (3/4, 4/4), breath, pulse

Space

- Stage Directions
- Personal Directions – front, back, sides, diagonals, up, down
- Pathways – curved, straight, zigzag
- Formations – lines, circles, chaos
- Levels – high, middle, low

Energy/Force

- Strong/light
- Quick/sustained
- Direct/indirect
- Flow – free/bound
- Sharp/Smooth
- Swingy/Bouncy

Body

- Body parts – head, neck, shoulders, ribs, hips, pelvis, knees, ankles, feet, arms, elbows, wrists, hands, whole body
- Shapes – large/small, wide/narrow, straight/round, angular/twisted, symmetrical/asymmetrical
- Locomotor movements – walk, run, hop, jump, skip, leap, slide, crawl, roll
- Non-locomotor movements – bend, stretch, twist, reach, turn, melt, fall, kick, push, pull, slash, float, glide