

DANCE TERMS

Basic Elements of Dance	TIME, SHAPE, SPACE, ENERGY, RELATIONSHIP
Basic Locomotor Skills	WALK, RUN, HOP, JUMP, LEAP, GALLOP
Basic Qualities of Movement	SWING, SUSPEND, SUSTAIN, VIBRATE, COLLAPSE, PERCUSSIVE
Basic Effort Actions	WRING/PRESS, FLOAT/GLIDE, DAB/FLICK, THRUST/SLASH
Factors of Motion	WEIGHT, TIME, SPACE, FLOW
Effort Shadings	DIRECT/INDIRECT, SUDDEN/SUSTAINED, FIRM/FINE, BOUND/FREE, FLEXIBLE
Principles of Composition	CLIMAX/RESOLUTION, CONTRAST, TRANSITION, DEVELOPMENT, REPETITION, UNITY, SEQUENCING, VARIETY, HARMONY, BALANCE

Basic Elements of Dance

TIME	Tempo	Tempo involves the manipulation of time making the movements faster or slower, altering the pace at which they are performed.
	Rhythm	The measure of time by any regularly recurring impulses or sound, a periodic emphasis. $\frac{2}{3}$, $\frac{3}{4}$, $\frac{5}{8}$, $\frac{6}{8}$.
SPACE	Levels	The altitude of a movement in relation to the floor. Levels may involve parts of the body or the entire torso. Steps of elevation may also manipulate the level.
	Direction	Movement in any of the eight general stage areas, forward, sideward, backward, diagonally.
	Facing	The direction to which the front of the body is presented. The dancer may be facing one direction yet moving towards another direction.
	Focus	A point of concentration; a central point or a centre of special activity. Concentration on a fixed or moving point in space indicated by the direction of the gaze or movement.
	Floor Pattern	The imaginary delineation of the path in space taken by the dancer or dancers moving from place to place.
SHAPE		The design of the body's position or the design made by a group of bodies, involving the manipulation of width, length, depth, levels and as positive and negative space.
ENERGY		Inherent or internal power, force, vigor, strength or expression, spirit or emphasis.
	Dynamics	Shadings in the amount of energy, intensity, or power. Subtle variations in the treatment of movement contrasts.
	Qualities	Movement dynamics are Swing, Sustain, Suspend, Vibrate, Collapse and Percussive.

Principles of Composition

CLIMAX and RESOLUTION

All dances need a beginning, a middle which builds towards something, and an end, the resolution. The climax is the peak, the dance having grown in intensity and interest coming to a resounding conclusion. A climax can be created in many ways with dance phrases increasing in intensity of energy, diminishing from a high point to a lull, or they could dissolve or change into something else.

CONTRAST

Contrast is essential to create and maintain interest. Contrast is achieved by combining and/or contrasting movements made different by altering actions, dynamics or spatial or emotional relationships.

TRANSITION

Transition is the smooth connecting of movements and dance phrases relating each to the other. Transitional phrases promote continuity without overriding the rest of the composition.

DEVELOPMENT

Development refers to the unfolding of the dance where each movement and choreographic concept flows logically from one phrase to the next. Development establishes continuity and choreographic intent but must guard against being obviously predictable.

REPETITION

Repetition is used to give certain movement phrases or choreographic ideas emphasis, to create unity by relating sections of a dance to each other and to give the audience the opportunity to see the movements in greater detail to become familiar with choreographer's movement vocabulary.

UNITY

Unity is established by a harmonious balance of all parts of the dance. Every moment should work toward the intent of the composition.

SEQUENCING

Sequencing is the meaningful ordering of movements. Movements purposefully connected to each other gain a significance beyond the expression of individual movements.

VARIETY

Variety engages and maintains interest. Variety is accomplished by extending individual movement phrases by reversing the order, by repeating the phrases in random order, by emphasizing or repeating a particular movement, by changing the plane on which a movement is completed, by varying the dynamics, the spatial aspects, the tempo or the rhythm, or by changing the relationship with other dancers, props or sets.

HARMONY

Harmony in dance design is a state of balance, rest, and parallel movement in line, with either a succession of movements in one direction or a dovetailing of patterns, symmetrically or unsymmetrically.

BALANCE

Balance is the state of bodily symmetry characterized by complete stillness and minimal postural swaying. Balance is not a matter of remaining still in position but continually shifting the body and making necessary adjustments in alignment.