

Elements of Dance

BODY	ENERGY	SPACE	TIME	RELATIONSHIP
What we Move	How we Move	Where we Move	When we Move	With Whom/ What we Move
<p><i>Think about...</i></p> <p>Parts of the Body Head, torso, legs, shoulders, arms, feet, neck, eyes, etc.</p> <p>Body Shapes Bent Straight Twisted ⋮ ↓ Organic vs. Geometric ⋮ ↓ Symmetrical vs. Asymmetrical</p> <p>Movement Locomotor vs. Non-locomotor (i.e., moving or still)</p>	<p><i>Think about...</i></p> <p>Weight Heavy - - - - Light</p> <p>Flow Controlled - - - - Free</p> <p>Force Strong - - - - - Gentle</p> <p>Tension Tight - - - - - Loose</p> <p>Quality Sharp - - - - Smooth Percussive - Sustained</p>	<p><i>Think about...</i></p> <p>Directions Forward Backward Up ↓ Down Side ← → Side</p> <p>Pathways straight curved diagonal zig zag</p> <p>Levels high medium low</p> <p>Quality Positive vs. Negative space</p> <p>Size Small ↔ Large</p>	<p><i>Think about...</i></p> <p>Tempo Fast ↔ Slow</p> <p>Beat Steady Uneven</p> <p>Rhythm Patterned Random</p> <p>Duration Short ↔ Long</p>	<p><i>Think about...</i></p> <p>Relationship to:</p> <p>Props</p> <p>Space</p> <p>Music</p> <p>Time</p> <p>Other Dancers</p> <ul style="list-style-type: none"> ▪ Alone or connected ▪ Near or far ▪ Follow & lead ▪ Meet & part ▪ Solo, duet, trio, small group, whole group ▪ Emotional connections between dancers