

Elements of Dance

ENERGY DYNAMICS / FORCE / EFFORT

FLUIDITY/ FLOW

Bound



Free



WEIGHT

Strong



Light



ATTACK

Sharp



Smooth



QUALITY

Sustained



Suspend



Collapse



Percussive



Swing



Vibratory



Elements of Dance

SPACE

PLACE



Personal Space

Positive Space
(the space a dancer occupies)



Negative Space
(the space around a dancer)



SIZE

Large



Small



RANGE



Narrow

Wide

LEVELS

High



Medium



Low

ELEVATION



In Air

On Floor



FOCUS

Direct



Indirect



PATHWAYS

Straight



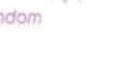
Zig Zag



Curved



Random



DIRECTIONS (Orientation)

Front



Back



Side



Up



Down



Around



Forward

Backward

Sideways

Upward

Downward

Diagonal

Elements of Dance

DANCERS TO EACH OTHER

RELATIONSHIP

Around



On



Near



Over



In Front



Supported



Through



Off



Far



Under



In Back



Opposition



Partners



Small Group



Large Group



Meet



Lead



DANCERS TO PROPS



Part



Follow



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Elements of Dance

SHAPES

BODY BODY AWARENESS

Curved



Angular



Straight



Twisted



Asymmetrical



Symmetrical



Geometric



Organic



BODY PARTS



BODY BASES



BODY ZONES



ISOLATION



WEIGHT TRANSFER

