

DANCE ELEMENTS

BODY

Body Systems | Body Parts
Shapes | Coordination
Kinesthetic Awareness



MOVEMENT

Initiation | Articulation
Non-Locomotor | Locomotor
Isolations | Artistic Expression
Manipulative Skills



SPACE

Place | Size | Levels | Directions
Pathways | Elevation
Positive and Negative Space
Planes and Axis



DANCE IS A FORM OF ARTISTIC
EXPRESSION AND COMMUNICATION
THROUGH MANIPULATION OF BODY,
MOVEMENT, SPACE, TIME, AND
ENERGY USING RELATIONSHIPS.

RELATIONSHIPS

Placement | Focus | Grouping
Formations | Design
Choreographic Structure
Choreographic Devices



ENERGY

Quality | Force | Weight
Flow | Movement Effort Actions



TIME

Beat | Rhythm | Accent
Tempo | Duration
Momentum | Meter | Phrasing



Dance is a form of artistic expression and communication through manipulation of body, movement, space, time, and energy using relationships.



Body

(an instrument of dance)

Body Systems: muscles, bones, joints, organs, breath, tactile senses

Body Parts: head, neck, shoulders, chest, back (spine), arms, elbows, hands, torso, hips, legs, knees, feet

Shapes: body design in space: angular, curved, straight, twisted, symmetrical, asymmetrical

Coordination: head-tail, core-distal, upper-lower body, cross lateral, body sides, vestibular, eye tracking

Kinesthetic Awareness: senses, perceptions, body alignment, body placement, proprioception (on and off balance, orientation / facing), reflexes



Movement

(what the body does)

Initiation: core, distal, mid-limb, body parts

Articulation: ability to combine movements from initiation to performance, movement coordination and differentiation

Non-locomotor (stationary, axial):
bend, stretch, twist, turn, rise, fall, shake, swing, circle, gestures

Locomotor (traveling, weight transferring): walk, run, hop, jump, gallop, skip, slide, leap, crawl

Isolations: simple (one body part moving differently), complex (multiple body parts moving differently)

Artistic Expression: emotions, thoughts, intention, interpretation, representation, imagination, non-verbal communication

Manipulative Skills: using props



Space

(where the body moves)

Place: personal, general: upstage, downstage, stage left, stage right, center stage

Size: large, small, narrow, wide

Levels: low, middle, high

Directions: forward, backward, sideways, diagonal, right, left, up, down, stage directions

Pathways: curved, straight, zig zag, random

Elevation: creating patterns in the air, on the floor

Positive and Negative Space: positive space is that which the body occupies, negative space is the empty space around the body

Planes and Axis: frontal (door) plane - sagittal axis; sagittal (wheel) plane - transverse axis; transverse (table) plane - longitudinal axis



Time

(when & how the body moves)

Beat: pulse

Rhythm: patterns of the beats, organization

Accent: emphases on the beat, even/uneven

Tempo: slow, medium, fast (adagio, andante, allegro, presto)

Duration: long, short

Momentum: increasing or decreasing tempo, pausing, freezes

Meter: grouping of beats – provides structure: 4/4; 3/4; 2/4; 6/8

Phrasing: fitting of dance to the rhythm melody of accompaniment; rhythmic acuity (timing)



Energy

(how the body moves)

Quality (dynamic): percussive, sustained, suspended, collapse, vibratory, swinging, swaying, direct-indirect, strong, flowing, tight, loose

Force (attack): sharp-smooth, sudden-sustained

Weight: heavy, light, powerful, gentle, impacted, initiation up or down

Flow (energy): free, bound, balanced, neutral

Movement Effort Actions (Laban): punch, slash, float, glide, wring, press, flick, dab



Relationships

(how dance & dancers are organized)

Placement: in front, besides, behind, over, under, near, far, around

Focus: direct and indirect, single and multi

Grouping: alone, connected, with partner, small or large ensemble

Formations: symmetrical-asymmetrical, individual and group proximity to object, with(out) props, line, circle, clump, grid

Design (creating dance): improvisation, phrasing, following, leading, partnership & weight sharing, patterns, unison, transitions, contrasting & complementary movements, stillness

Choreographic Structure (Form): beginning, middle and end, canon, AB, ABA, rondo (ABACA), theme and variation (A, A1, A2, A3), and narrative, collage, chance, call & response, suite, ground bass

Choreographic Devices: canon, motif, contrast, accumulation, repetition, reversal, retrograde, inversion, fragmentation, and embellishment