**Elements of Dance**

**Body**

**Body Parts:** head, tail, hands, feet, etc.

**Body Shapes:** straight, curvy, symmetrical, asymmetrical

**Relationships:** over, under, near, far

**Balance:** on, off

**Energy**

**Qualities of Movement:** sharp, smooth

**Weight:** strong, light

**Flow:** free, bound

**Action Words:** walk, run, leap, jump, hop, gallop, slide, skip, crawl, creep, roll, fly, tip-toe, step-hop, prance, slither, skate, bend, twist, stretch, swing, push, pull, fall, melt, sway, spin, kick, poke, lift, curl, lunge, wiggle, shrink, rise, flick, float, glide, press

**Space**

**Place:** self, general

**Size:** big, small

**Level:** high, low

**Direction:** forward, back, side

**Pathway:** curved, straight, zig zag, circular

**Focus:** single, multi-focus

**Time**

**Speed/Tempo:** fast, slow

**Rhythm:** pulse, patter, even, uneven