

Elements of Dance



Body	Energy	Space	Time
<p><i>Body Parts:</i> <u>Inner:</u> muscles, bones, joints, heart, lungs, breath <u>Outer:</u> head, shoulders, arms, hands, back, ribcage, hips, legs, feet</p>	<p><i>Attack:</i> sharp, smooth</p>	<p><i>Personal/General Space:</i> <i>Non-Locomotor Movements:</i> stretch, bend, twist, circle, rise, collapse, swing, sway, shake, gesture through space</p> <p><i>Locomotor Movements:</i> walk, run, leap, jump, hop, skip, gallop</p>	<p><i>Beat:</i> underlying pulse</p>
<p><i>On/Off Balance</i></p>	<p><i>Weight:</i> heavy, light</p>	<p><i>Level:</i> high, middle, low</p>	<p><i>Tempo/Speed:</i> fast, slow</p>
	<p><i>Strength:</i> tight, loose</p>	<p><i>Direction:</i> forward, backwards, sideways</p>	<p><i>Accent:</i> extra force on a certain section</p>
	<p><i>Flow:</i> free-flow, bound, balanced</p>	<p><i>Location:</i> on/off, over, under, around, through, between, beside, in front, in back</p>	<p><i>Duration:</i> long, short</p>
		<p><i>Size:</i> big, little</p>	<p><i>Pattern:</i> combinations</p>
		<p><i>Shape:</i> body design in space straight, curved, angled</p>	
		<p><i>Pathway:</i> curved, straight, zig-zag</p>	