

# Appendices

## 1. The Elements of Dance

### What?

Body Awareness					
Locomotor			Non-Locomotor		
walk	run		bend	push	
jump	hop		stretch	pull	
roll	climb		twist	rock	
slide	skip		swing	balance	
waltz	gallop		melt	shake	
Body Base		Body Shape	Body Parts		
standing		stretched	head		
sitting		curled	shoulders		
kneeling		twisted	legs		
lying		angular	arms		
		symmetrical	elbows		
		asymmetrical	fingers		
			wrists		
			knees		
			ankles		
			toes		

### Where?

Space		
Level	Range	Place
high	near	personal
medium	far	general
low	big	
Direction	small	
forward	Pathway	
backward	in the air	
right / left	on the floor	
up / down	straight	
Focus	curved	
fixed	zigzag	
moving	irregular	
single		
multi		

### When and How?

Time		Energy	
Tempo	Accent	Weight	Flow
fast	emphasis	firm	free
slow	Rhythm	light	bound
increasing	steady	soft	
decreasing	pattern	strong	
Duration	breath	weak	
long	irregular	heavy	
short		Quality	
Beat		sudden	vibratory
underlying pulse		sharp	sustained
		percussive	erratic
		smooth	explosive
		delicate	collapse

### With Whom or What?

Relationships			
individual	pair	group	
objects and environments			
over	under	around	parting
through	beside	behind	linking
towards	away from	near / far	between
meeting	mirroring	matching	connected
copying	shadowing	contrasting	in / out
alone	scattering	gathering	on / off
	action	reaction	simultaneous
	unison	canon	successive