

Support Materials:

The Elements of Dance

Who? A DANCER	Does what? MOVES	Where? THROUGH SPACE	When? AND TIME	How? WITH ENERGY
<i>BODY</i>	<i>ACTION</i>	<i>SPACE</i>	<i>TIME</i>	<i>ENERGY</i>
<p>Parts of the body: Head, eyes, torso, shoulders, fingers, legs, feet</p> <p>Initiation: Core, distal, mid-limb, body parts</p> <p>Patterns: Upper/lower body, homologous, contralateral, midline</p> <p>Body shapes: Symmetrical, asymmetrical, rounded, twisted, angular, arabesque</p> <p>Body systems: Muscles, bones, organs, breath, balance, reflexes</p> <p>Inner self: Senses, perceptions, emotions</p>	<p>Non-locomotor: Stretch, bend, twist, turn, rise, fall, swing, rock, tip, shake, suspend</p> <p>Locomotor: Slide, walk, hop, somersault, run, skip jump, do-si-do leap, roll, crawl, gallop</p>	<p>Size: Large, small, narrow, wide</p> <p>Level: High, medium, low</p> <p>Place: On the spot (personal space), through the space (general space)</p> <p>Direction: Forward, backward, sideways, diagonal right/left</p> <p>Orientation: Facing, turned away</p> <p>Pathway: Curved, straight, zig-zag, random</p> <p>Relationships: In front, behind, over, beside, under, alone, group</p>	<p>Metered: Pulse, tempo, accent, rhythmic pattern, speeding up, slowing down, anacrusis</p> <p>Free Rhythm: Breath, sensed time, improvisation, cued</p> <p>Clock time: Seconds, minutes, hours</p> <p>Timing Relationships: Before, after, unison, sooner than, faster than</p>	<p>Attack: Sharp, smooth, sudden, sustained</p> <p>Weight: Strong, light, heavy, weak</p> <p>Flow: Free, bound, balanced, neutral</p> <p>Quality: Tense, relaxed, tight, loose, sharp, smooth, swinging, swaying, suspended, collapsed</p>