

ELEMENTS OF DANCE

Any movement can be described in terms of ENERGY, SPACE, and TIME; also in terms of how the body is involved in the “doing of movement.” The following variations and contrasts of these elements can be joined and rejoined to create movement problems for exploration and composition.

The **BODY** ... is capable of **MOTION** ... which requires **ENERGY** ... uses **SPACE** ... and takes **TIME!**

<p>I. Parts alone (isolation) heads, shoulders, etc.</p> <p>II. Coordination of Parts: hands with head etc.</p> <p>III. Total body involvement</p> <p>IV. Joint action-neck, wrist, elbow, knee, etc.</p> <p>V. Body part initiating/leading movement</p>	<p>I. Locomotor (moves thru space)</p> <p>A. Walk B. Run C. Leap D. Skip E. Slide F. Gallop G. Jump H. Hop I. Non-pedal ways (i.e. rolling)</p> <p>II. Axial (stays in one place)</p> <p>A. Stretching B. Shaking C. Pushing D. Bouncing E. Twisting F. Bending, etc.</p> <p>III. Simultaneous locomotor with axial</p> <p>A. Skip & Swing, etc.</p> <p>IV. Combining above activities into a movement sequence</p> <p>A. Run, freeze, stretch, collapse, roll, explode, run B. Twist, untwist and twist again, spin into gallop, etc.</p>	<p>I. Qualities of Movement</p> <p>A. Sustained B. Suspension C. Swinging (undercurve) χ Swaying (overcurve) 1 D. Collapse E. Vibratory F. Percussive Explosive Staccato</p> <p>II. Degrees of Energy</p> <p>A. Strong/weak B. Heavy/light C. Bound flow/free flow</p>	<p>I. Design of Body-Shape</p> <p>A. Straight B. Bent/angular/crooked C. Twisted D. Curved E. Symmetrical F. Asymmetrical G. Use of positive/negative space</p> <p>II. Direction</p> <p>A. up G. around B. down H. toward C. side I. away D. forward J. out E. backward K. in, etc. F. diagonal</p> <p>III. Level</p> <p>A. high B. medium C. low</p> <p>IV. Range - amount of space</p> <p>A. big/little B. narrow/wide</p> <p>V. Pathways</p> <p>A. Floor Pattern (feet on floor) straight, curved, zig-zag, etc. B. Air pattern-straight, angular, twisting, etc.</p> <p>VI. Focus-gaze and/or movement (constantly changing toward or away)</p>	<p>I. Metric Rhythm (countable)</p> <p>A. Beat - even, uneven B. Meter C. Accent D. Tempo E. Note Value</p> <p>II. Rhapsodic Rhythms (Non Metric)</p> <p>A. Breath B. Wind C. Water, etc.</p>
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