

Elements of Dance

Body Parts:

Body Moves: stretch, bend, twist, circle, rise, fall, swing, sway, shake, suspend, collapse

LOCOMOTORS

Walk: a transfer from one foot to the other on the ground	Skip: a step hop with an uneven beat
Run: a transfer from one foot to the other off the ground, accent down	Gallop: a run with an uneven beat, accent up
Leap: a suspended run in the air, accent up	Slide: a walk with an uneven beat, accent down, leading foot gliding
Hop: taking off and landing on the same foot	Triplet: three walks in the time of one beat
Jump: taking off and landing on both feet	Prance: a small leap with accent up

SPACE

Space – empty, filled	Size – big, little
Shape – body design in space	Place – on the spot or through space
Level – high, middle, low	Focus – direction of gaze or movement (direct/indirect)
Direction – forward, backward, sideward, turning	Pathway – curved, straight
Space – empty, filled	Size – big, little

FORCE/ENERGY

Attack – sharp, smooth
Weight – heavy, light
Strength – tight, loose
Flow – free flow, bound flow, balanced

TIME

Beat – An underlying pulse	Duration – A length of time on a spectrum of long to short
Tempo – The speed of the rhythm of a composition on a spectrum of fast to slow	Rhythm – A pattern of beats with accents.
Accent – A stress or emphasis on a movement that serves to give rhythm	Meter – The number of beats per measure. Measure of time; the grouping of beats into regular patterns. The organization of rhythmic patterns in a composition in such a way that a regular, repeating pulse of beats may continue throughout the composition.

Choreographic Structures

Theme and Variation: A theme is established. As it is revisited, it is varied in myriad ways.

Rondo: ABACADA

A choreographic structure of three or more themes with an alternating return to the main theme (ABACADA).

Canon (2 or more voices)

A choreographic device that reflects the musical form of the same name in which two or more dancers repeat the same phrase beginning at delayed intervals.

Counterpoint (2 or more voices): 2 or more phrases in contrast to each other.

Groundbase: A short phrase that is repeated over and over in contrast to other phrases performed at the same time.

Retrograde: The movement phrase is performed in a backward order.

Chance: compositional order is based on random selection.