

# The Elements of Dance

| <u>Ask:</u>  | <b>Who?</b><br><i>A dancer</i>  | <b>does what?</b><br><i>moves</i>   | <b>where?</b><br><i>through space</i>  | <b>when?</b><br><i>and time</i>  | <b>how?</b><br><i>with energy.</i>  |
|--|---|---|--|--|---|
| <b>B.A.S.T.E.</b>  | <b>BODY</b>   | <b>ACTION</b>   | <b>SPACE</b>   | <b>TIME</b>  | <b>ENERGY</b>   |
| <p><i>These are just some of the ways to describe each dance element. . . there are many more possibilities for each element.</i></p> <p><i>Can you think of others?</i></p> <p><i>Add your own ideas &amp; words...</i></p> | <p><b>Parts of the body:</b><br/>Head, eyes, torso, shoulders, fingers, legs, feet ...</p> <p><b>Initiation:</b> core, distal, mid-limb, body parts</p> <p><b>Patterns:</b> upper/lower body, homologous, contralateral, midline ....</p> <p><b>Body shapes:</b><br/>Symmetrical/asymmetrical<br/>rounded<br/>twisted<br/>angular<br/>arabesque</p> <p><b>Body systems:</b><br/>muscles<br/>bones<br/>organs<br/>breath<br/>balance<br/>reflexes</p> <p><b>Inner self:</b><br/>senses<br/>perceptions<br/>emotions<br/>thoughts<br/>intention<br/>imagination</p> | <p><b>Non-locomotor (axial):</b><br/>stretch<br/>bend<br/>twist<br/>turn<br/>rise<br/>fall<br/>swing<br/>rock<br/>tip<br/>shake<br/>suspend</p> <p><b>Locomotor (traveling):</b><br/>slide<br/>walk<br/>hop<br/>somersault<br/>run<br/>skip<br/>jump<br/>do-si-do<br/>leap<br/>roll<br/>crawl<br/>gallop<br/>chainé turns</p> | <p><b>Size:</b> large small narrow wide</p> <p><b>Level:</b> High / medium / low</p> <p><b>Place:</b> on the spot (personal space)<br/>through the space (general space)<br/>upstage/downstage</p> <p><b>Direction:</b> forward/backward<br/>sideways diagonal right/left</p> <p><b>Orientation:</b> facing</p> <p><b>Pathway:</b> curved/straight<br/>zig-zag random</p> <p><b>Relationships:</b> in front beside<br/>behind over under<br/>alone/connected near/far<br/>individual &amp; group proximity to object</p> | <p><b>Metered:</b><br/>pulse<br/>tempo<br/>accent<br/>rhythmic pattern</p> <p><b>Free Rhythm:</b><br/>breath<br/>open score<br/>sensed time<br/>improvisation<br/>cued</p> <p><b>Clock Time:</b><br/>seconds<br/>minutes<br/>hours</p> <p><b>Timing relationships:</b><br/>before<br/>after<br/>unison<br/>sooner than<br/>faster than</p> | <p><b>Attack:</b><br/>sharp/smooth<br/>sudden/sustained</p> <p><b>Weight:</b><br/><i>Strength:</i> push, horizontal, impacted<br/><i>Lightness:</i> resist the down, initiate up<br/><i>Resiliency:</i> rebound, even up and down</p> <p><b>Flow:</b><br/>free,<br/>bound<br/>balanced<br/>neutral</p> <p><b>Quality:</b><br/>flowing<br/>tight<br/>loose<br/>sharp<br/>swinging<br/>swaying<br/>suspended<br/>collapsed<br/>smooth</p> |