

The Elements of Dance

Ask:	Who? <i>A dancer</i>	does what? <i>moves</i>	where? <i>through space</i>	when? <i>and time</i>	how? <i>with energy.</i>
B.A.S.T.E.	BODY	ACTION	SPACE	TIME	ENERGY
<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 & words...</i></p>	<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 thoughts intention imagination</p>	<p>Non-locomotor (axial): stretch bend twist turn rise fall swing rock tip shake suspend</p> <p>Locomotor (traveling): slide walk hop somersault run skip jump do-si-do leap roll crawl gallop chainé turns</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) upstage/downstage</p> <p>Direction: forward/backward sideways diagonal right/left</p> <p>Orientation: facing</p> <p>Pathway: curved/straight zig-zag random</p> <p>Relationships: in front beside behind over under alone/connected near/far individual & group proximity to object</p>	<p>Metered: pulse tempo accent rhythmic pattern</p> <p>Free Rhythm: breath open score 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: <i>Strength:</i> push, horizontal, impacted <i>Lightness:</i> resist the down, initiate up <i>Resiliency:</i> rebound, even up and down</p> <p>Flow: free, bound balanced neutral</p> <p>Quality: flowing tight loose sharp swinging swaying suspended collapsed smooth</p>