

The Elements of Dance

Ask:	WHO?	DOES WHAT?	WHERE?	WHEN?	HOW?
Answer:	A dancer	moves	through space	and time	with energy
B.A.S.T.E.	BODY	ACTION	SPACE	TIME	ENERGY
Concepts (in bold font) with some suggestions for word lists and descriptors under each concept.	Parts of the Body Head, eyes, torso, shoulders, fingers, legs, feet, etc.	Axial <i>(in place)</i> Open ----- Close Rise ----- Sink or Fall Stretch ----- Bend Twist ----- Turn	Place In Place ----- Traveling	Duration Brief ----- Long	Attack Sharp ----- Smooth Sudden ----- Sustained
	Whole Body Design and use of the entire body	Laban Effort Actions Press Flick Wring Dab Slash Glide Punch Float	Size Small ----- Large	Speed Fast ----- Slow	Tension Tight ----- Loose
	Initiation Core Distal Mid-limb Body Parts	Traveling <i>(locomotor)</i> Crawl, creep, roll, scoot, walk, run, leap, jump, gallop, slide, hop, skip, do-si-do, chainé turns and many more! <i>This is just a starting list of movements. Many techniques have specific names for similar actions. "Sauté" is a ballet term for "jump."</i>	Level High ----- Low	Beat Steady ----- Uneven	Force Strong ----- Gentle
	Patterns Upper/lower body, homologous, contralateral, midline, etc.		Direction Forward ----- Backward Upward ----- Downward Sideward ----- Diagonally Liner ----- Rotating	Tempo Quick ----- Slow	Weight Heavy ----- Light Strength: push, horizontal, impacted Lightness: resist the down, initiate up Resiliency: rebound, even up and down
	Body Shapes Symmetrical/Asymmetrical Rounded Twisted Angular Arabesque		Pathway Traveling, traced in air curved, straight, angular, zig-zag, etc.	Accent Single ----- Multiple On Beat ----- Syncopated Predictable- -Unpredictable	Flow Bound (Controlled) - -Free
	Body Systems Muscles Bones Organs Breath Balance Reflexes		Plane Sagittal (Wheel) Vertical (Door) Horizontal (Table)	Rhythmic Pattern Patterned ----- Free Metric Breath, 2/4, 6/8, etc waves, Polyrhythms word cues, Cross-rhythm event cues, Tāla felt time	Energy Qualities Vigorous, languid, furious, melting, droopy, wild, lightly, jerkily, sneakily, timidly, proudly, sharp, smooth, sudden, sustained etc.
Inner Self Senses Perceptions Emotions Thoughts Intention Imagination		Focus Inward ----- Outward Direct ----- Indirect	Timing Relationships Before After Unison Sooner Than Faster Than		
			Relationships In Front --- Behind/Beside Over ----- Under Alone ----- Connected Near ----- Far Individual & group proximity to object		