

# **Dance Elements**

## **Space**

**Place – Self Space, general space.**

Size – Big, medium, small

Level – High, middle, low

Direction – forward, back, up, down, left, right

**Pathway – Curved, straight, zig zag**

**Focus – Single, Multi**

## **Time**

Speed – Fast, medium, slow

Rhythm – Pulse, pattern, grouping

## **Force**

Energy – Sharp, smooth, shaky, swingy

Weight – Strong, light, active, passive

Flow – Free, bound

## **Body**

Parts – Head, neck, shoulders, arms, wrists, elbows, hands, fingers, hips, pelvis, trunk, spine, stomach, sternum, ribs, legs, knees, feet, toes, heels, ankles, etc.

Relationships – Over, under, around, through, above, below, between, beside, near, far, in, out together, apart, connected, etc.

Shapes – Straight, curved, angular, twisted, symmetrical, asymmetrical

Balance – Off balance, on balance