

# Elements of Dance

## BODY

### Parts:

head  
neck  
shoulders  
elbows  
wrists  
hands  
spine  
hips  
legs  
knees  
ankles  
feet  
lungs  
heart  
bones  
muscles

### In-Place

#### Movements:

stretch  
bend  
twist  
swing  
sway  
circle  
shake

### Traveling

#### Movements:

walk  
run  
skip  
gallop  
jump  
hop  
leap  
crawl  
roll  
waltz

## ENERGY

### Force:

sharp  
smooth

### Strength:

tight  
loose

### Weight:

heavy  
light

### Flow:

bound  
free

## SPACE

### Shape:

straight  
angled  
curved  
twisted  
a/symmetrical

### Level:

high  
medium  
low

### Direction:

forward  
backward  
sideways  
diagonal  
up/down

### Pathway:

In air  
On floor  
straight  
angled  
curved

### Range:

big/small  
near/far

### Relationship:

In front, behind  
and beside  
over and under  
alone and  
connected  
mirror and  
shadow  
meeting and  
parting

## TIME

### Beat

underlying pulse

### Tempo:

slow  
fast  
increasing  
decreasing

### Duration:

long  
short

### Rhythm:

pattern  
breath

### Time

#### Relationship:

before  
after  
unison  
sequential  
simultaneous  
successive