

Elements of Dance

Copy all notes! Your notes will be graded.

This is your study guide for dance class!

There are "Five" Elements of Dance

Body- The Who?

Action- Does What?

Space – Where?

Time- When?

Energy- How?

The Who? A Dancer's (Body)

Parts of the Body:

Head, eyes, shoulders, torso, fingers, legs and feet.

What other body parts we can use in dance that is not listed here?

Body Shapes:

Symmetrical, asymmetrical, rounded, twisted, angular, arabesque

Does What? (Moves with Actions)

Non-locomotor (stationary):

Stretch, Bend, Twist, Turn, Rise, Fall, Swing, Rock, Tip, Shake, Suspend

Locomotor (traveling):

Slide, Walk, Hop, Run, Skip, Jump, Leap, Roll, Crawl, Gallop

The Where? Through Space

Size: Large, Small, Narrow and Wide

Level: Low, medium and High

Place: on the spot (personal space) through the space (general space)

Directions: forward/backward, sideways, diagonal, right/left

Pathways: Curved/Straight, zigzag and random

Relationship: in Front, beside, behind, under, over, alone/connected near/far, individual/group

The When? And time

Metered: pulse, tempo, accent, rhythmic pattern

Clock time: seconds, minutes, hours

Timing relationships: Before, after, unison, sooner than, faster than

The How? With energy

Attack: sharp/smooth

Flow: Free, bound, balanced, neutral

Quality: Flowing, tight, loose, sharp, swinging, swaying, suspended, collapsed, smooth

Additional Information Elements of Dance

The *instrument of dance* is **the human body**

The medium is **Movement**

The body moves in SPACE, TIME, with ENERGY, and in RELATIONSHIP to others

When we combine the dance elements, the dancer can express stories, feelings, images and ideas.

Tempo: the speed of the movement

Duration: the amount of time it takes a dance to perform a movement. How does it change the dance if the dance does the same movement in a very short time or a very long time?

Additional Information Elements of Dance

Rhythm: the pulse or rhythmic pattern of a movement

Base: Generally the feet supports the body: What other body parts can support a dancer?

Solo- dnace of 1

Duets- dance of 2

Trios- dnace of 3

Group dances

Meeting and parting

Leading and following

Shadowing and mirroring

Action and response

conversation