

# 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
<b>Concepts</b> (in <b>bold</b> font) with some suggestions for word lists and descriptors under each concept.	<b>Parts of the Body</b> Head, eyes, torso, shoulders, fingers, legs, feet, etc.	<b>Axial</b> <i>(in place)</i> Open ----- Close Rise ----- Sink or Fall Stretch ----- Bend Twist ----- Turn	<b>Place</b> In Place ----- Traveling	<b>Duration</b> Brief ----- Long	<b>Attack</b> Sharp ----- Smooth Sudden ----- Sustained
	<b>Whole Body</b> Design and use of the entire body	<b>Laban Effort Actions</b> Press                  Flick Wring                    Dab Slash                    Glide Punch                    Float	<b>Size</b> Small ----- Large	<b>Speed</b> Fast ----- Slow	<b>Tension</b> Tight ----- Loose
	<b>Initiation</b> Core Distal Mid-limb Body Parts	<b>Traveling</b> <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>	<b>Level</b> High ----- Low	<b>Beat</b> Steady ----- Uneven	<b>Force</b> Strong ----- Gentle
	<b>Patterns</b> Upper/lower body, homologous, contralateral, midline, etc.		<b>Direction</b> Forward ----- Backward Upward ----- Downward Sideward ----- Diagonally Liner ----- Rotating	<b>Tempo</b> Quick ----- Slow	<b>Weight</b> Heavy ----- Light <b>Strength:</b> push, horizontal, impacted <b>Lightness:</b> resist the down, initiate up <b>Resiliency:</b> rebound, even up and down
	<b>Body Shapes</b> Symmetrical/Asymmetrical Rounded Twisted Angular Arabesque		<b>Pathway</b> Traveling, traced in air curved, straight, angular, zig-zag, etc.	<b>Accent</b> Single ----- Multiple On Beat ----- Syncopated Predictable- -Unpredictable	<b>Flow</b> Bound (Controlled) - -Free
	<b>Body Systems</b> Muscles Bones Organs Breath Balance Reflexes		<b>Plane</b> Sagittal (Wheel) Vertical (Door) Horizontal (Table)	<b>Rhythmic Pattern</b> Patterned ----- Free Metric                          Breath, 2/4, 6/8, etc                    waves, Polyrhythms                    word cues, Cross-rhythm                    event cues, Tāla                                    felt time	<b>Energy Qualities</b> Vigorous, languid, furious, melting, droopy, wild, lightly, jerkily, sneakily, timidly, proudly, sharp, smooth, sudden, sustained etc.
<b>Inner Self</b> Senses Perceptions Emotions Thoughts Intention Imagination		<b>Focus</b> Inward ----- Outward Direct ----- Indirect	<b>Timing Relationships</b> Before After Unison Sooner Than Faster Than		
			<b>Relationships</b> In Front --- Behind/Beside Over ----- Under Alone ----- Connected Near ----- Far Individual & group proximity to object		