

The Elements of *Dance*

*M*ovement

A square icon with a green-to-blue gradient, containing the letters 'Mv' in white.

***Locomotor:** Movement through space from one point to another (walk, run, jump, hop, leap, skip, gallop, slide, roll)

***Non-Locomotor:** Movement around the body's axis (bend, twist, stretch, push, pull, swing, shake, circle, sway, carve, fall, melt, turn, kick, press, rise, sink, burst, wiggle)

*B*ody

A square icon with an orange-to-red gradient, containing the letters 'Bd' in white.

***Shape:** A frozen pose (curves, straight, angular, twisted, narrow, wide, symmetrical, asymmetrical)

***Part:** Body parts (head, eyes, torso, shoulder, arms, fingers, elbows, hands, hips, legs, knees, feet, ankles, etc)

*S*pace

A square icon with a purple-to-blue gradient, containing the letters 'Sp' in white.

* **Shelf Space:** Space immediately around the body

* **General Space:** Space throughout the room

* **Level:** High, medium or low

* **Direction:** Forward, backward, sideways, up, down

* **Pathway:** Curved, straight, zigzag, diagonal

* **Size:** Big, small, narrow, wide

* **Focus:** Direction of gaze

*T*ime

A square icon with a purple-to-pink gradient, containing the letters 'Tm' in white.

* **Tempo:** Fast, medium, slow

* **Rhythm:** A succession of movement or sounds of various duration.

*E*nergy

A square icon with a green-to-yellow gradient, containing the letters 'En' in white.

* **Weight:** Strong (heavy, firm, powerful), light (gentle, soft)

* **Flow:** Free (continuous, fluid movement), bound (restrained, controlled)

* **Quality:** Sharp, sudden, smooth, sustained, tight, loose, suspended, collapsed, heavy, weak, percussive