

Learning the Elements of Dance is... B. (m) E. S. T.

The elements of dance are BODY, ENERGY, SPACE, and TIME! The element terms (words) and ideas on this chart can help you create some really great moves - MOTION, when you improvise and choreograph your own dances.

The **BODY** ... is capable of **MOTION** ... which requires **ENERGY** ... uses **SPACE** ... and takes **TIME!** (B.E.S.T.)

Upper body	Locomotor (through space)	Degrees of Energy (Force) Strong...Weak	Shape Straight	Steady beat
Lower body				
Whole body	Run	Bound...Free	Twisted	Uneven rhythm
Head	Leap	Weight can be...	Curved	Breath Rhythm (Rhapsodic)
Neck	Jump	Active	Symmetrical	Accent
Shoulder	Hop	Passive	Asymmetrical	Fast speed
Arm	Gallop	Energy (Qualities) Smooth (sustained)	Direction and Relationship Up	Medium speed
Elbow	Skip			Loose (collapse)
Wrist	Slide – Chasse	Weightless (suspend)	Side	Accelerating
Hand	Roll	Shudder (vibrate)	Forward	Decelerating
Torso	Crawl	Sharp (percussive)	Backward	Syncopation
Back	Skitter	Explode (percussive)	Diagonal	¾ time
Waist	Scoot	Swing (swing)	Toward	4/4 time
Hip	Cartwheel	Other Words That Suggest Contrasting Energies/ Weights/Textures/Emotions	Away	6/8 time
Tail	Summersault		Prickly	Out
Leg	Axial (stays in one place)	Airy	In	
Knee	Stretch	Lazy	Around	
Ankle	Bend	Timid	Over	
Foot	Shake	Tired	Under	
Ear	Shake	Proud	Through	
Heel	Sink	Angry	Above	
Toe	Push	Sluggish	Below	
Nose	Pull	Excited	Beside	
Chin	Bounce	Droopy	In front	
Right Body Half	Twist	Floppy	Behind	
Left Body Half	Slash	Rough	Level High Medium Low	
Bones, Muscles, Skin	Kick	Jagged		Size Huge Tiny Narrow Wide
	Jab		Pathways Straight – Curved - Zigzag	
	Freeze			Focus Direct – Indirect or Multi-focus
	Spin			
	Turn			
	Carve			
	Spoke			
	Collapse			
	Swing			
	Sway			
	Clap			
	Squeeze			
	Swipe			
	Slice			

