

Dance Anchor Chart

BODY: What kind of shapes is your body making?

- | | | | |
|---------------|----------------|-----------|----------|
| - Curved | - straight | - angled | - open |
| - Symmetrical | - asymmetrical | - twisted | - closed |

ENERGY: How is your body moving?

- | | | | |
|----------|-------------|----------|---------|
| - strong | - weak | - heavy | - light |
| - tense | - suspended | - sudden | - free |

SPACE: Where is your movement happening and where is it taking you?

- | | | | |
|-----------------------|-----------------------------------|----------------------|-------|
| - levels | - high | - medium | - low |
| - directions | - using lots of space | - using little space | |
| - locomotor (travels) | - non-locomotor (does not travel) | | |

TIME: When is the movement happening? What is the timing?

- | | | | |
|--------|----------|----------|--------|
| - slow | - medium | - pauses | - fast |
| - even | - uneven | | |

RELATIONSHIP: How are you connecting, or relating one thing with another?

- | | | |
|--------------------|--------------------|----------------------------|
| - dancer to dancer | - dancer to object | right arm to left arm etc. |
|--------------------|--------------------|----------------------------|