

## Elements of Dance

Elements of Dance	Examples
<b>Body</b>	<p><b>body parts</b> (e.g. <i>head, shoulders, torso, feet, hands, shoulders, hips, etc.</i>)</p> <p><b>body shapes</b> (e.g. <i>symmetrical/ asymmetrical, curved/angular shape, closed/open</i>),</p> <p><b>body moves</b> (e.g. <i>bending, falling, sliding, spinning, jumping, etc.</i>)</p>
<b>Space</b>	Pathways, directions, levels, positive /negative space, various formations and facings
<b>Time</b>	Tempo, rhythm, repetition, pause, stillness, acceleration/deceleration
<b>Energy</b>	Effort, force, quality (e.g. <i>sharp, smooth, free, bound, light, heavy</i> )
<b>Relationship</b>	Dancers to props/objects and dancers to each other (e.g. <i>connected/disconnected, close/far, meeting/parting, clumped, random, following/leading</i> )