

(lateral)

cross-lateral

upper half/lower half

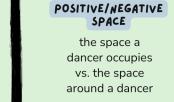
BODY BASES

feet

hands and knees

back

1 point of contact or more





SIZE OF MOVEMENT

ELEMENT &

OF SPACE

PATHWAYS

straight

zigzag

curvy

in air

on the floor

SPACE confined large site-specific

PERFORMANCE

IS THE BODY

MOVING?

LEVELS

high

medium

low

DIRECTION

forward

backward

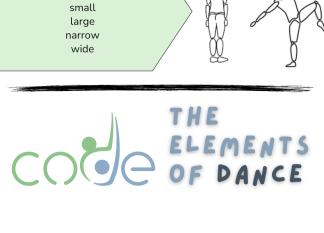
diagonal

up

down

sideways







exploding, bouncing, shaking, smooth, delicate, erratic, cautious, melt, percussive

EFFORT

wringing, pressing

flicking, dabbing

gliding, floating

punching, slashing



FORCE heavy/light sharp/smooth

tense/relaxed bound/flowing sustained/brief

EXPRESSING

anger, shyness, joy,

humour, hope,

surprise, courage,

loneliness, disgust,

weakness, etc.



THE

ELEMENT

OF TIME

METRE

2/4 time

3/4 time

4/4 time

6/8 time





IS THE BODY

TEMPO

slow

fast

acceleration

deceleration

sudden

sustained

MOVING?





DURATION

short

long

with music without music (e.g., with breath, spoken word, silence)

MUSIC



WITH OTHER DANCERS

unison/contrast meet/part follow/lead mirroring, shadowing, opposed, interconnected





WITH ENVIRONMENT AND PROPS

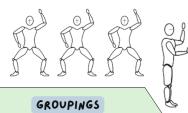
in front of, inside, over, around

IS THE BODY MOVING FOR AND WITH?





group, large group



partner, trio, small

in relation to objects awareness of position



BODY AWARENESS



