

## The Elements of Dance:

### SPACE

PLACE  
GENERAL  
SELF

SIZE  
BIG  
SMALL  
NEAR REACH  
FAR REACH

LEVEL  
HIGH  
MEDIUM  
LOW

DIRECTION  
FORWARD  
BACKWARD  
SIDEWAYS  
DIAGONAL  
UP  
DOWN

PATHWAY  
STRAIGHT  
CURVED  
CIRCULAR  
ZIGZAG

FOCUS  
SINGLE  
MULTI

### ENERGY

FLOW  
FREE  
BOUND

WEIGHT  
STRONG  
LIGHT

FORCE  
SMOOTH  
(Sustained)  
SHARP  
(Sudden)

STILLNESS  
ACTIVE  
PASSIVE

### TIME

SPEED  
SLOW  
FAST  
ACCELERATION  
DECELERATION

RHYTHM  
BREATH  
PULSE

### BODY

PARTS  
HEAD  
ARMS  
HANDS  
PELVIS  
LEGS  
ELBOWS  
ETC.

SHAPES  
CURVED  
STRAIGHT  
ANGULAR  
TWISTED  
SYMMETRIC  
ASYMMETRIC

RELATION-  
SHIPS  
NEAR  
APART  
ALONE  
AROUND  
BELOW  
BESIDE  
ETC.

BALANCE  
ON  
OFF