

Elements of Movement

Who?

A dancer

Does what?

moves

Where?

**through
space**

When?

and time

How?

**with
energy**

Parts of the Body

head, eyes, torso, shoulders, fingers, feet, hips, legs, ribs, spine, elbows..

connection of different bodies to each other

Non-Locomotor

(movements that the body can do and still stay in one place)

stretch, bend, twist, pull, turn, rise, fall, push, swing, rock, tip, shake, spread, melt, open, suspend, punch, glide, slash, dab, wring, flick, drop, rotate, float, shrug, shiver, rub, brush, open, close, shrink

Shape

circles, squares, triangles, clumps, organised, random

Size

small, large, narrow, wide

Metered

pulse/beat tempo – fast/slow accents rhythmic pattern: long/short, strong/light

Clock Time

seconds, minutes, hours

Attack

sharp/smooth sudden/sustained strong/light direct/flexible

Weight

strength: push, horizontal, impacted lightness: resist the down, initiate up resiliency: rebound, even up and down

Initiation of Movement

core, distal, mid-limb, body parts

Place

on the spot (personal space), through the space (general space), around other objects/people in the space, downstage, upstage

Free Rhythm

breath open score, sensed time, improvisation, cued

Locomotor

(movements that take the body from one point to another)

slide, shift, hop, skip, glide, roll, step, sprint, leap, crawl, gallop, slink, spin

Direction

forwards, backwards, side-ways, diagonal, left/right

Timing Relationships

before/after, canon, unison slower than/ faster than

Flow

free/bound, balanced, neutral

Patterns

upper/lower body, cross-body, midline, whole body, body parts in isolation

Pathway

curved, straight, zig-zag, grid, random, direct, indirect

Quality

flowing, tight, loose, sharp, swinging, swaying, suspended, collapsed, rising, sinking, enclosing, advancing, retreating, slow-motion, robots, ninjas, amoeba, underwater, exposing, birds, on the moon, in a cloud, full of helium, stuck in mud, moving on ice

Body Shapes

symmetrical/asymmetrical, wall-like (wide), ball like (rounded), pinlike (long/tall), twisted, angular

Relationship

in front, beside, behind, over, under, alone, connected, near, far - individual and group proximity to objects and each other

Inner Self

senses, perceptions, emotions, thoughts, intention, imagination

Focus

where a dancer's eyes look as they move through space