

Elements of dance

Space

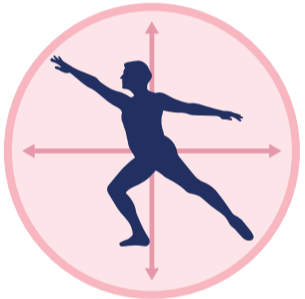
Refers to the space through which the body moves and includes the components of space: shape, level, direction, dimension, pathways, floor patterns and stage space.



Shape refers to the position of the dancer in space as an individual or as part of a group. Shapes are present in all actions. In a movement sequence, the performer transitions through a range of shapes, which could include curved, straight, angular, twisted, symmetrical, asymmetrical, open, closed, complimentary, contrasting, organic shapes, or a combination of these.



Level refers to where the dancer moves in space in relation to the ground. Movement that features a specific level includes floor work and aerial work. Levels could include high, medium and low; however, movement can span multiple levels and explore all spaces in between.



Direction includes the way the dancer is facing and the route they travel through space. Direction applies to shapes, movements and sequences of movements. Direction could include forward, backward, sideways, diagonal, up, down, inwards, outwards, towards and away from.



Dimension is the size of the shape or movement. In dance, it describes the height, width and depth of the movement. Dimension of movement could include small, large, narrow, wide, two-dimensional (the height and width of a shape/movement) and or three-dimensional (the height, width and depth of a shape or movement).



Pathways are the transitory lines that body parts, objects and/or assistive devices create in space when performing movement or gestures. Pathways could be curved, circular, organic, indirect, straight, angular and/or direct.



Floor patterns are the paths made when locomoting (performing movement that travels) across a space. It is the course along which the dancer moves. Floor patterns could be curved, straight, zigzag, spiral, helical, spoke and multiple variations and combinations of these patterns.



Stage space is the area where dance is performed. This could be a purpose-built performance space like a proscenium arch stage, or a non-conventional space, such as site-specific dance or dance on film.



Elements of dance

Time

The components of time include metre, rhythm, accent, tempo, duration and stillness.



Metre is the grouping of beats into measures or bars to form a recurring pattern. This may incorporate time signatures such as 3/4, 4/4, 6/8, 5/4, 7/4. Counting phrases of movement can highlight strong and weak beats. Metre can be consistent or changing (multimetre).



Rhythm is the pattern created by movement and/or sound. This is often a strong, regular, repeated pattern, but can be varied and unpredictable. Rhythm could be simple, complex, regular, irregular, syncopated or natural.



Accent is used to emphasise a particular feature of dance. A significant movement can be used in isolation, or alongside sound, to create an accent in dance.



Tempo is the rate or speed of the movement and/or sound. Tempo could be slow, moderate, fast, accelerating or decelerating.



Duration refers to the length of a movement, phrase of movement, and/or sequence or dance work. Duration could vary in length such as, long or short.



Stillness is a purposeful pause with the intention to resume movement.



The elements of dance are the tools used to perform, compose and appreciate dance works.

Elements of dance

Dynamics

The release of energy, weight and/or force over a period of time to create movement qualities.



Release of energy refers to how the dancer's energy is used to initiate movement and propel the performer through the space. The release of energy could be sudden, gradual, or sustained.



Weight and/or force refers to how the dancer uses force to shift their weight. This could include the body, body parts, assistive devices or props. The degree of weight and/or force could be heavy, light, strong or gentle and might be used to create or decelerate momentum.

Sustained



Percussive



Suspended



Movement qualities are generated by applying different effort to the release of energy, weight and/or force to movement. The quality of movement could be sustained, percussive, suspended, swinging, collapsing and vibratory.



Collapsed



Swinging



Vibratory



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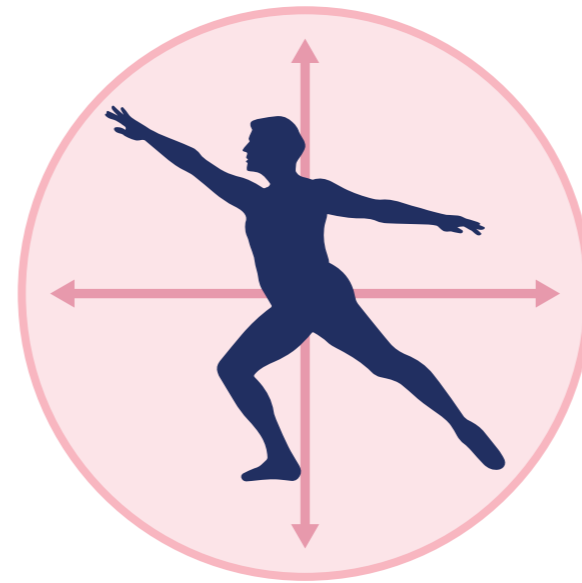
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Shape



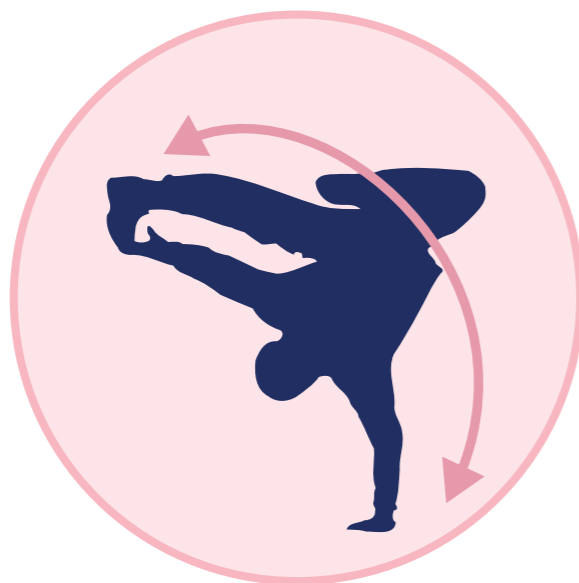
Level



Direction



Dimension



Pathways



Floor patterns



Stage space



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Metre



Rhythm



Accent



Tempo



Duration



Stillness

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Release of energy



Sustained



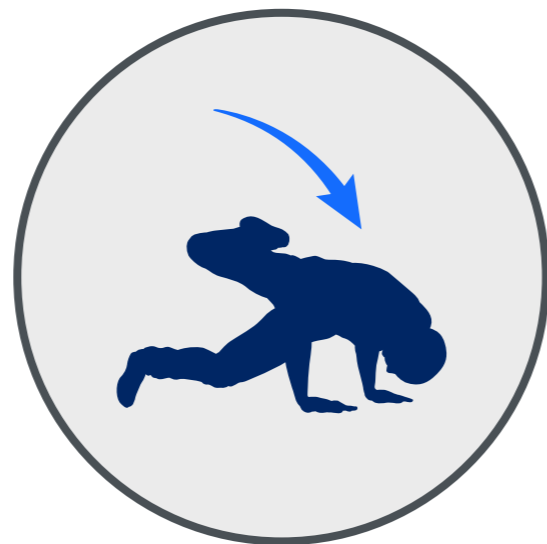
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