

# Elements of Dance



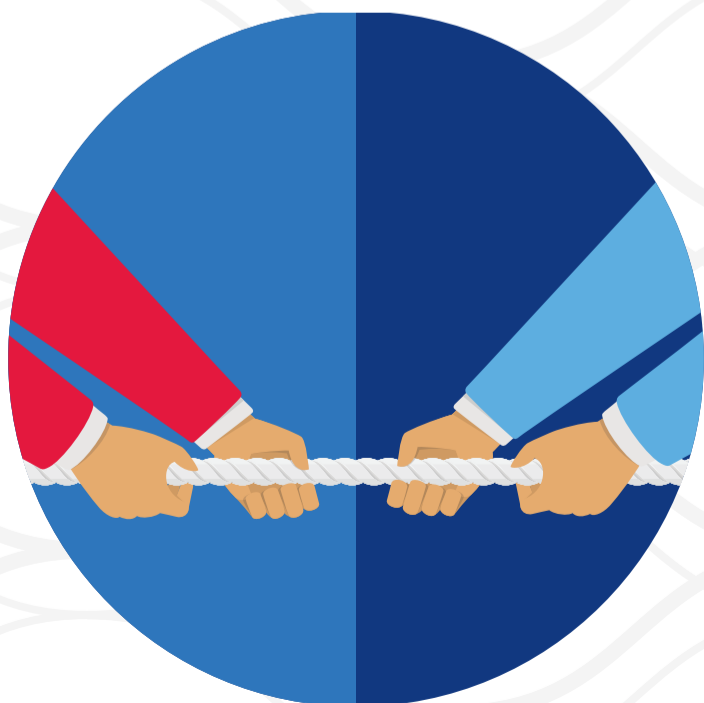
## Space

The personal, general and performance space and everything within it used by the dancer.



## Time

The use of differing temporal qualities within dance.



## Dynamics

Expending different force and weight to create varied qualities of movement.

# Elements of Dance



## Space

**The personal, general and performance space and everything within it used by the dancer.**

### Level

Explores the three levels of high, medium and low.

### Shape

The position you create with your body: curved, straight, symmetrical, asymmetrical, angular and twisted.

### Dimension

The size of the shape you are creating: small, large, narrow, wide, two-dimensional and three-dimensional.

### Direction

The way you are travelling or facing: forwards, backwards, sideways, diagonal, upwards and downwards.

### General Space

The dance space.

### Personal space

The space existing around the dancer's body, including all levels, planes and directions.

### Performance space

The space the dance is performed, including areas of the stage: centre stage, upstage, downstage, stage left, stage right, and areas of both strength and weakness.

### Planes

The surface you are moving on: sagittal plane (forwards and backwards), frontal plane (leaning or travelling left or right) and transverse plane (any rotational action).

### Pathways

The floor pattern the dancer creates along the ground: straight, curved, circular, spiral and zigzagged.

# Elements of Dance



## Time

**The use of differing temporal qualities within dance.**

### **Metre**

The combination of beats including time signatures and altering groupings: even  $2/3$ ,  $3/4$ ,  $4/4$ ; uneven  $5/4$ ,  $7/8$ .

### **Tempo**

The speed in which a phrase is performed: slow, medium, fast and accelerating or decelerating.

### **Phrasing**

The organisation of movement to a grouping of counts, shorter than a sequence or section.

### **Accent**

An emphasis on a movement or gesture, on a particular beat of music.

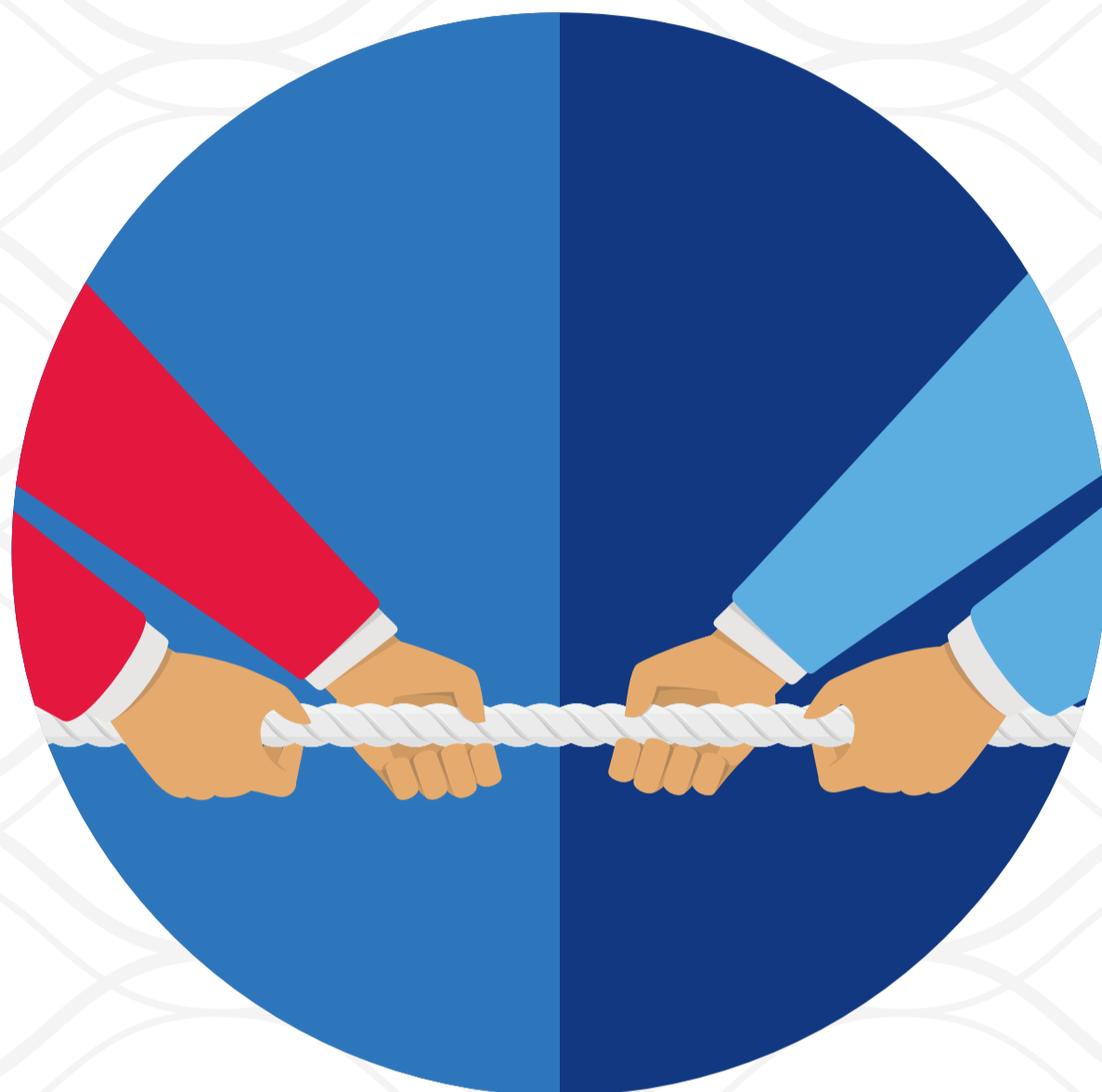
### **Rhythmic Patterns**

An arrangement of movement to varied patterns including natural rhythms the body creates: simple, complex, regular and irregular.

### **Stillness**

A sense of waiting and continuation, holding a presence within the performance space.

# Elements of Dance



## Dynamics

**Expending different force and weight to create varied qualities of movement.**

### Release of energy

The force with which movement is generated and developed within the space.

### Weight/force

The use and manipulation of body weight, and force in time, to develop varied movement qualities.

### Qualities of movement

The way force is used to create sustained, suspended, collapsing, swinging, percussive and vibratory qualities.



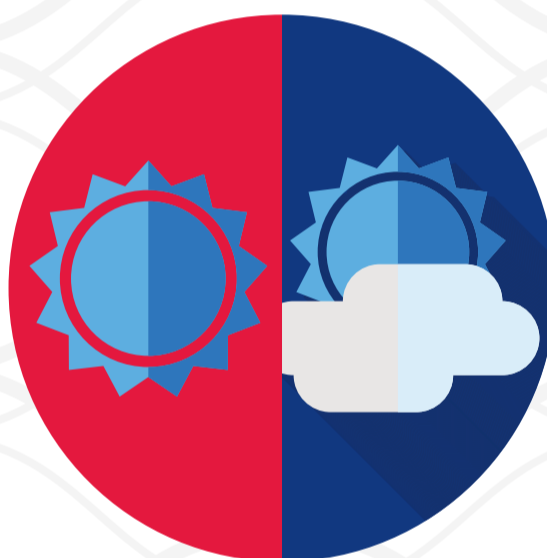
# The compositional process

The compositional process is used to express ideas, thoughts, feelings and experiences within dance. Apply these processes to assist the communication of your intent.



## Processes

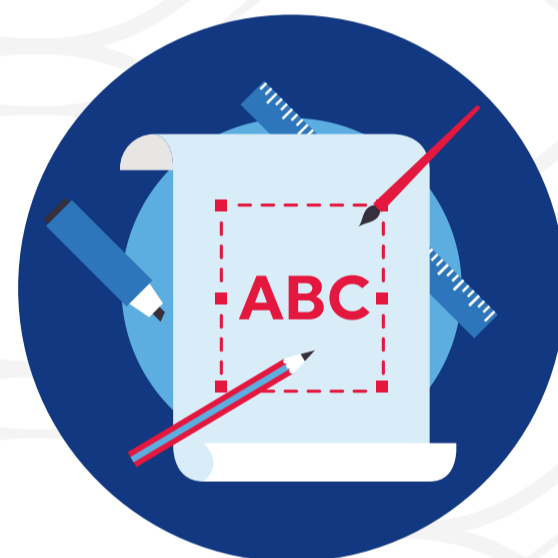
Stimulus: visual, auditory, ideational, kinaesthetic, tactile > exploration and improvisation > reflection > selection of intent and refinement.



## Elements of construction to form unity

Motif > motif development > connect phrases with transitions > sections formed > repetition > variation and contrast.

Consider the use of the stage space, aural accompaniment, and manipulation of space, time and dynamics for each section to assist in showing the variation and contrast within the work.



## Choreographic forms/structures

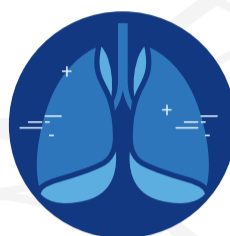
- Binary form: AB
- Ternary form: ABA
- Rondo form: ABACA
- Narrative form: ABC
- Theme and variations: A, A1, A2, A3.

# Safe dance practice



## Warm-up

Prepares the body for physical activity, by gradually raising the heart rate, cardiovascular system and muscle temperature to prepare for stretching.



## Cool-down

Slowing the heart rate down to a resting state.



## Stretching

### 1. Static

Holding a position with no assistance for approximately eight counts.

### 2. Dynamic

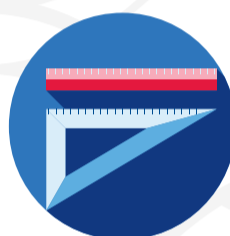
A moving stretch, gradually increasing movement range and speed. These include controlled swinging movements using the full range of motion.

### 3. Proprioceptive neuromuscular facilitation (PNF)

A resistance stretch. Engaging and relaxing the muscle group being targeted to move those muscles to a deeper level.

### 4. Ballistic

A stretch using momentum, attempting to pass your normal range of motion. This stretch is not performed in the Dance class, as it is not safe dance practice.



## Alignment

Alignment is the awareness of the placement and positioning of the body, ensuring the even distribution of weight over the joints while holding the knowledge of your personal capabilities and limitations as a dancer.



## Causes, prevention and treatment of injury

Consider the environmental factors of the floor surface, floor construction and weather, and the RICER or BECALM methods for treatment.



## Body maintenance

Healthy dance form, includes strength building exercises for muscle development and nutritional requirements.

# The elements of movement



## Processes

- **Body actions:** movements using the whole body, within gestures and body articulation through manipulating isolated parts.
- **Type of movement:** locomotor (travelling) movements, non-locomotor (on the spot) movements, including turns, falls, balances, elevation or jumps, flexibility, body articulation and kinesthetic awareness.
- The manipulation of space, time and dynamics through movement.

## Relationships

- **Grouping:** the connection between dancers including solo, duet, ensemble and shapes within the group.
- **Spatial relationships:** the relationship of dancers within the performance space including near, far and side-by-sides.
- Interaction between dancers including the use of canon, mirroring and partner work.