

Elements of Dance

Student Name: _____

Fill in the blanks.

The elements of dance are:

1. _____
 - fast/_____/slow
 - with music/without music

2. _____
 - **levels:** low, medium, high
 - _____: forward, backward, sideways, diagonal, and turning
 - **focus:** straight/curved, open/closed

3. _____
 - strong/light
 - sharp/_____

4. _____
 - shapes
 - parts

5. _____
 - _____: walk, run, leap, hop, jump, skip, slide, and gallop
 - _____: bend, twist, stretch, and swing
 - leading/following