

Elements of Dance

choreographic: describes a dance sequence in which the movements in the sequence were arranged by a person or persons

levels: the height of the dancer in relation to the floor

locomotor movement: movement that travels from place to place usually by the transfer of weight from foot to foot; Basic locomotor steps are walking, running, leaping, hopping, and jumping; and the irregular rhythmic combinations of the skip (walk and hop), slide (walk and leap), and gallop (walk and leap).

nonlocomotor movement: movement that is anchored to one spot only, using the available space around the person doing the movement without losing the initial body contact); Basic nonlocomotor movements are bending, twisting, stretching, and swinging.

personal space: the "space bubble" or the kinesis sphere that one occupies; it includes all levels, planes, and directions both near and far from the body's center

phrase: a brief sequence of related movements that has a sense of rhythmic completion

warm-up: movements and/or movement phrases designed to raise the core body temperature and bring the mind into focus for the dance activities to follow