

Elements of Dance

Movement

- **locomotor:** walk, run, leap, hop, jump, skip, slide, gallop
- **nonlocomotor:** bend, twist, stretch, swing
- leading/following

Time

- fast/medium/slow
- with music/without music

Space

- **levels:** low, medium, high
- **direction:** forward, backward, sideways, diagonal, turning
- **focus:** straight/curved, open/closed

Energy

- strong/light
- sharp/smooth

Body

- **shape:** the body can contort itself into different shapes (i.e., curves, angles)
- **parts:** the arms, legs, head, toes, fingers can take on different focuses (i.e., open, closed, relaxed)