

ELEMENTS OF DANCE

MOVEMENT

stationary: A pose or movement that stays in one place.



traveling: Movement that travels across a space.



stillness: Holding a frozen pose.

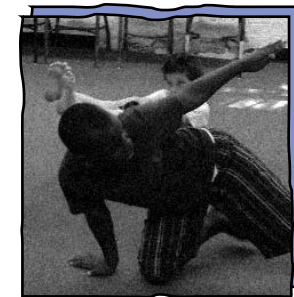


ENERGY

strong: Movement or pose that exhibits force or strength.



sharp: Movement or pose that has qualities of being clearly defined, pointed, crisp, as if "cutting" the air.



light: Movement or pose that exhibits qualities of floating or being weightless.



sustained: Movement or pose held for a comparatively longer amount of time.



BODY SHAPES

line/angles: Movement or pose with straight and pointed shapes. strength.



smooth: Movement or pose that is continuous and uninterrupted, and/or exhibits qualities of being light in weight.



curves: Movement or pose with organic, continuous, and flowing shapes.

