**ELEMENTS OF DANCE**

**• *body:*** body actions, body shapes, locomotor movements (e.g., running, galloping, crawling),

non-locomotor movements (e.g., lifting, pulling, marching, waving arms), body bases (e.g., seat as

base), use of body zones (e.g., body areas of front and back)

**• *space:*** levels, pathways, directions, size of movement

**• *time:*** freeze, tempo (e.g., slow, sustained, fast)

**• *energy:*** force (e.g., lightness/strength), effort (e.g., pressing, gliding), quality (e.g., smoothly, cautiously,

erratically, percussively)

**• *relationship:*** (e.g., interconnected shapes)