

# Dancer's Toolbox: The Elements of Dance

SPACE				TIME	ACTION	ENERGY	EMOTIONS
<b>SHAPES</b> The design of the body as it exists in space.	<b>LEVELS</b> The distance from the floor.	<b>DIRECTIONS</b> Which way a dancer faces or moves.	<b>PATHWAYS</b> Patterns that the body makes as it moves through space or on the floor.	The way a dancer feels, hears, moves and counts music and/or movement phrase(s).	The way a dancer can move the body.	The manner in which a movement is performed.	The feeling a dancer shows with the body and facial expressions.
<b>Size:</b> Small-Large Narrow-Wide Tight-Full  <b>Lines:</b> Curved-Straight Circular-Angular  <b>Body Shapes:</b> >Rounded >Expanded >Circular >Stretched >Twisted >Circular >Angular ...	<input type="checkbox"/> High <input type="checkbox"/> Medium <input type="checkbox"/> Low	<b>Stage Directions:</b> 1) Downstage 2) Upstage 3) Stage Right 4) Stage Left 5) Downstage Right Diagonal 6) Downstage Left Diagonal 7) Upstage Right Diagonal 8) Upstage Left Diagonal 9) Center  <b>Directions:</b> >Forward >Backward >Sideways >Diagonal >Up >Down	<input type="checkbox"/> Straight <input type="checkbox"/> Wavy <input type="checkbox"/> Zig Zag <input type="checkbox"/> Squiggly <input type="checkbox"/> Spiral <input type="checkbox"/> Figure 8 ...	<b>Tempo:</b> The speed of the movement  <b>Beat:</b> The underlying pulse of the music  <b>Rhythm:</b> The patter of the beats or sounds  <b>Accent:</b> The emphasis in the movement	<b>Non-Locomotor:</b> >Stretch >Pull >Swing >Bend >Push >Twist >Reach >Contract ...  <b>Locomotor:</b> >Walk >Run >Hop >Skip >Leap >Roll >Crawl >Slide ...	<b>Fluidity/Flow:</b> Bound-Free Restrained-Fluid  <b>Weight:</b> Heavy-Light Powerful-Gentle  <b>Attack:</b> Sharp-Smooth Tight-Loose  <b>Quality:</b> >Percussive >Explode >Sustained >Collapse >Melt >Shake ...	<b>Happy:</b> >Delighted >Excited >Terrific >Thankful >Confident >Loved >Proud ...  <b>Sad:</b> >Ashamed >Awful >Disappointed >Hurt >Lonely >Miserable ...  <b>Angry:</b> >Annoyed >Disgusted >Frustrated >Mad >Furious ...  <b>Others:</b> >Afraid >Confused >Embarrassed >Worried ...