**Elements of Dance**

BODY

Body awareness, use of body parts, shapes, locomotor and non-locomotor movements, body bases, symmetry versus asymmetry, geometric versus organic shape, angular versus curved shape, isolation of body parts, weight transfer

ENERGY

Quality, inaction versus action, percussion,

fluidity, effort, force

SPACE

Levels, pathways, directions, positive versus negative space, proximity of dancers to one another, various group formations, use of performance space

RELATIONSHIP

Dancers to objects, opposition, groupings, meet/part,

follow/lead, emotional connections between dancers

TIME

Stillness, rhythm, tempo, pause, freeze, with music,

without music, duration, acceleration/deceleration