**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

**Elements of Music**

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| **Duration** |
| Duration means the length of each sound. Some sounds or notes are long, some are short. |
| **Dynamics** |
| Dynamics means the loudness and softness of the music. Sometimes this is called volume. Music often changes volume gradually and goes from loud to soft or from soft to loud. |
| **Pitch** |
| Pitch refers to the highness or lowness of notes in the music. Most pieces of music use a mixture of high and low sounds. Some instruments, for example the tuba, can play very low notes, whereas smaller instruments, such as the piccolo, can play very high notes. |
| **Silence** |
| Silence is as important as sound in music. It gives time to think and for echoes to die away. It can be dramatic. |
| **Tempo** |
| Tempo means the speed of the music, whether it is fast or slow. Does the music speed up or slow down or does it stay at the same tempo throughout? |
| **Texture** |
| Texture refers to how many layers or voices are in a piece. If there are a lot of instruments playing at once the texture is thick; if there are only one or two instruments playing the texture is thin. You can build up the texture from thin to thick, or reduce it from thick to thin. |
| **Timbre** |
| Every instrument has its own tone colour or timbre. For example, a metal instrument sounds different from a wooden one, and hitting the skin of a drum sounds different from blowing a recorder. |