

THE ELEMENTS OF DANCE

Style / Genre	The design or type of chosen dance. It may be fast or slow or it may fit into a set pattern such as a ballroom dancing, hip-hop or square dancing.
Choreography	The way movements are put together.
Stimulus	Anything we can react to which gives a starting point to the dance. For example; sound, something we see, an idea, an object or a movement.
Start / Finish	Still and quiet positions held at the beginning and end of the dance.
Dynamics	The dance element which relates to how a movement is done.
Timing	The way the movements of a dance fit to the accompanying rhythm or music.
Tempo	The speed at which a dance is performed. For example; fast, slow or medium.
Symmetry	A balanced, even design.
Asymmetry	Uneven, irregular design.
Pattern	A series of repeated movements.
Motif	A movement or a short phrase of movements.
Sequence	A series of movements linked together with a definite start and finish.
Unison	Everyone moves at the same time but not necessarily using the same movement.
Canon	Part(s) of the group move at a different time to the others repeating the same motif or introducing new ones.
Mirroring	When the movements look like a reflection in a mirror.
Levels	<p>Movements might take place on three levels:</p> <p>Low or deep - close to the floor with the intention downwards.</p> <p>Medium - the level of everyday walking.</p> <p>High - any movement done with elevation, not necessarily a jump. It implies a lifting of the chest and an upward focus.</p>
Formations	The maner in wich the dancers are arranged for example : a line, a circle, facing eache other, back to back...