

The language of dance

What

What movement is being performed. Examples could include:

Body parts



ankle	fingers	shoulders
arm	head	toe
chest	hips	torso
elbow	knees	wrist

Opening



broaden	grow	release
elongate	inflate	spread
expand	lengthen	stretch
extend	reach	unfurl

Closing



close	deflate	huddle
compress	enclose	shrivel
contract	fold	tighten
curl	gather	wither

Jumping



bound	hop	propel
burst	launch	rebound
elevate	pounce	soar
fly	prance	spring

Falling



collapse	fall	plunge
crumble	lean	sink
decline	lower	slump
drop	melt	topple

Turning



circle	rotate	turn
coil	spin	twirl
pivot	spiral	whirl
revolve	swivel	whiz

Dance language



articulation	isolation	locomotor
attitude	kick	off-centre
balance	leap	plié
extension	floorwork	pirouette

Travelling



advance	glide	scuttle
crawl	progress	sprint
drift	retreat	stamp
gallop	run	walk

For example:

The dancer **leaps**.

or

I perform a **balance**.

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How

How the movement is performed. Examples could include:

Space



angular	curved	high
asymmetrical	diagonal	low
backwards	direct	medium
closed	forwards	open

Time



accelerating	irregular	short
decelerating	long	slow
fast	paused	still
gradual	rapid	syncopated

Dynamics



collapsing	light	suspended
fluid	percussive	sustained
forceful	sharp	swinging
heavy	sudden	vibratory

Relationships



conflicted	dominant	isolated	separated
connected	harmonious	oppositional	shared
contrasted	independent	overpowered	supportive
dependent	intertwined	partnered	unified

Emotive



aggressively	cautiously	desperately	gracefully	softly
angrily	confidently	explosively	joyfully	tensely
boldly	courageously	frantically	proudly	triumphantly
calmly	delicately	freely	serenely	upliftingly

For example:

The dancer **explosively** leaps.

or

I perform a **suspended** balance.

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Why

Why the movement is performed. Examples could include:

Language of representation

communicates	evokes	represents
conveys	expresses	reveals
depicts	highlights	shows
emphasises	reflects	symbolises

Identity

acceptance	displacement	pride
belonging	inclusion	recognition
connection	individuality	self-expression
difference	marginalisation	unity

Transformation

catalyst	disruption	progression
change	evolution	renewal
deterioration	fragmentation	shift
development	metamorphosis	transition

Status

authority	empowerment	leadership
conflict	equality	respect
control	imbalance	support
dominance	influence	trust

Human experiences

fragility	inclusion	trust
freedom	isolation	turmoil
grief	resilience	uncertainty
hope	strength	vulnerability

Build complex and compound sentences

For example:

The dancer **explosively** leaps to a **high level** before **falling** to the floor, **symbolising** the contrast between **strength** and **vulnerability**.

For example:

The dancer **explosively** leaps, communicating strength.

or

I perform a **suspended** balance to **symbolise** freedom.