



Space

The personal, general and performance space and everything within it used by the dancer.

Level

Explores the three levels of high, medium and low.

Shape

The position you create with your body: curved, straight, symmetrical, asymmetrical, angular and twisted.

Dimension

The size of the shape you are creating: small, large, narrow, wide, two-dimensional and three-dimensional.

Direction

The way you are travelling or facing: forwards, backwards, sideways, diagonal, upwards and downwards.

General Space

The dance space.

Personal space

The space existing around the dancer's body, including all levels, planes and directions.

Performance space

The space the dance is performed, including areas of the stage: centre stage, upstage, downstage, stage left, stage right, and areas of both strength and weakness.

Planes

The surface you are moving on: sagittal plane (forwards and backwards), frontal plane (leaning or travelling left or right) and transverse plane (any rotational action).

Pathways

The floor pattern the dancer creates along the ground: straight, curved, circular, spiral and zigzagged.



Time

The use of differing temporal qualities within dance

Metre

The combination of beats including time signatures and altering groupings: even 2/3, 3/4, 4/4; uneven 5/4, 7/8.

Tempo

The speed in which a phrase is performed: slow, medium, fast and accelerating or decelerating.

Phrasing

The organisation of movement to a grouping of counts, shorter than a sequence or section.

Accent

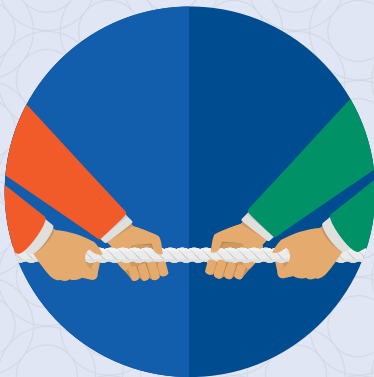
An emphasis on a movement or gesture, on a particular beat of music.

Rhythmic Patterns

An arrangement of movement to varied patterns including natural rhythms the body creates: simple, complex, regular and irregular.

Stillness

A sense of waiting and continuation, holding a presence within the performance space.



Dynamics

Expending different force and weight to create varied qualities of movement.

Release of energy

The force with which movement is generated and developed within the space.

Weight/force

The use and manipulation of body weight, and force in time, to develop varied movement qualities.

Qualities of movement

The way force is used to create sustained, suspended, collapsing, swinging, percussive and vibratory qualities.