



# NEW VICTORY THEATER

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## BEING YOUR B.E.S.T.

# THE ELEMENTS OF DANCE

### BODY

#### PARTS

HEAD  
ARMS  
HANDS  
PELVIS  
LEGS  
ELBOWS  
ETC.

#### SHAPES

CURVED  
STRAIGHT  
ANGULAR  
TWISTED  
SYMMETRIC  
ASYMMETRIC

#### RELATIONSHIPS

NEAR  
APART  
ALONE  
AROUND  
BELOW  
BESIDE  
ETC.

#### BALANCE

ON  
OFF

### ENERGY

#### FLOW

FREE  
BOUND

#### WEIGHT

STRONG  
LIGHT

#### FORCE

SMOOTH  
SUSTAINED  
SHARP  
SUDDEN

#### STILLNESS

ACTIVE  
PASSIVE



### SPACE

#### SIZE

BIG  
SMALL  
NEAR REACH  
FAR REACH

#### LEVEL

HIGH  
MEDIUM  
LOW

#### DIRECTION

FORWARD  
BACKWARD  
SIDEWAYS  
DIAGONAL  
UP  
DOWN

#### PATHWAY

STRAIGHT  
CURVED  
CIRCULAR  
ZIGZAG

#### FOCUS

SINGLE  
MULTIPLE

### TIME

#### SPEED

SLOW  
FAST  
ACCELERATION  
DECELERATION

#### RHYTHM

BREATH  
PULSE



The Elements of Dance Sets have been created through a partnership of Walker Art Center and Perpich Center for Arts Education using frameworks and tools developed by Diane Aldis for Perpich professional development and outreach programs.