

DANCE CONCEPTS

SPACE

Place	self space, general space
Size	big (far reaches), medium (mid-reaches), small (near reaches)
Level	high, middle, low
Direction	forward, backward, right, left, up, down
Pathway	curved, straight, zigzag
Force	single focus, multi focus

TIME

Speed	fast, medium, slow
Rhythm	pulse, pattern, grouping, breath

FORCE

Energy	sharp, smooth, sharp, twingy
Weight	strong, light, active, passive
Flow	free, bound

BODY

Parts	head, neck, shoulders, arms, wrists, elbows, hands, fingers, legs, pelvis, trunk, spine, stomach, navel, ribs, hips, knees, feet, toes, heels, ankles, etc.
Relationships	over, under, around, through, above, below, between, beside, near, far, in, out, together, apart, connected, etc.
Shapes	straight, curved, angular, twisted, symmetrical, asymmetrical
Balance	off balance, on balance