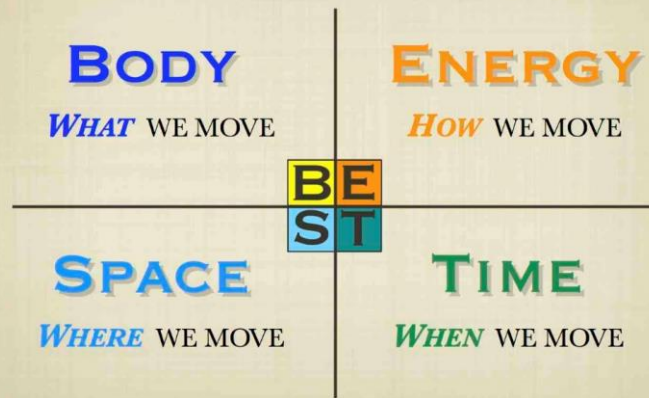


# ELEMENTS OF DANCE



Do your **BEST!** Learn the Basic Elements of **Dance**

**BODY** (What We Move)  
BODY IN MOTION, WHOLE, ACTIVE SHAPES, ISOLATIONS

**ENERGY** (How We Move)  
DYNAMIC, QUALITY, FORCE, WEIGHT

**SPACE** (Where We Move)  
PERSONAL, PATHWAY, LEVELS, DIRECTIONS

**TIME** (When We Move)  
SEQUENCE, RHYTHM, BEAT, TEMPO

*dancing* between the lines

Consider the possibilities!

Elements of **DANCE**

**D**

- Body
- Action
- Space
- Time
- Energy
- Relationship

- Who? A **dancer**
- What? **moves**
- Where? through **space**
- When? and **time**
- How? with **energy**
- Why? using **relationships**.

Produced by [www.prod1vame.com](http://www.prod1vame.com)  
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