

Elements of dance

Source: Page 31 of the booklet from the Ministry of Education's multimedia resource *Dancing the Long White Cloud: Teaching dance in years 1–10* (Wellington: Learning Media, 2002)

| What ? | | | | Where? | | |
|----------------|--------------|---------------|---------|------------|--------------|----------|
| Body awareness | | | | Space | | |
| Locomotor | | Non-locomotor | | Level | Range | Place |
| walk | run | bend | push | high | near | personal |
| jump | hop | stretch | pull | medium | far | general |
| roll | climb | twist | rock | low | big | |
| slide | skip | swing | balance | | small | |
| waltz | gallop | | | | | |
| Body base | Body shape | Body parts | | Direction | Pathway | Focus |
| standing | stretched | head | | forward | in the air | fixed |
| sitting | curled | shoulders | | backward | on the floor | moving |
| kneeling | twisted | legs | | right/left | straight | single |
| lying | angular | arms | | up/ down | curved | multi |
| | symmetrical | elbows | | | zigzag | |
| | asymmetrical | fingers | | | irregular | |
| | | wrists | | | | |
| | | knees | | | | |
| | | ankles | | | | |
| | | toes | | | | |

| When and how? | | | | With whom or what? | | | |
|--|---------------------|---|--|--|-------------|--------------|----------|
| Time | | Energy | | Relationships | | | |
| Tempo | Accent | Weight | Flow | Individual | Pair | Group | |
| fast slow increasing decreasing | emphasis | firm light soft strong weak heavy | free bound | Objects | | Environments | |
| | Rhythm | | | over | under | around | parting |
| | | | | through | beside | behind | linking |
| | Duration | | | steady pattern breath irregular | towards | away/from | near/far |
| meeting | | mirroring | matching | | connected | | |
| long short | Quality | copying | shadowing | | contrasting | in/out | |
| | | alone | scattering | | gathering | on/off | |
| Beat | | sudden sharp percussive smooth delicate | vibratory sustained erratic explosive collapse | action | reaction | simultaneous | |
| | | | | unison | canon | successive | |
| | underlying pulse | | | | | | |
| | | | | | | | |