

CHOREOGRAPHY NOTES

Presented by Jennifer Arkison, Heather Kennedy and Sherri Scurr on January 8, 2019

Taken from Amy Smith's YouTube Channel:

<https://www.youtube.com/watch?v=M3EU96pEMzU>

Elements of Dance are body, space, time, relationship and energy.


1. Body

How the body moves:

- a. Balance - maintaining a controlled position
- b. Body Base – the part of the body supporting the whole body
- c. Geometric – resembling shapes from geometry
- d. Locomotor – travelling from one place to another
- e. Non-Locomotor – body moving while anchored in one place

2. Space

Physical area in which the body moves:

- a. Pathways – the route/movement taken from A  B
- b. Positive Space – space the body occupies
- c. Negative Space – unoccupied space around a body
- d. Levels – heights of the movement

3. Time

Element of dance involving rhythm, tempo, accent and duration:

- a. Freeze – sudden stop
- b. Tempo – the speed at which the dance is performed
- c. Accent – strong movement / gesture used for emphasis (creates emotion)
- d. Duration – length of time to complete movement

4. Relationship

Ways two things connect to each other (mirroring, opposites, ...)

- a. Dancer to dancer
- b. Dancer to object
- c. One part of the body to another body part

5. Energy

Force which the body moves:

- a. Quality – manner a movement is performed – sharp, zigzag, twisting ...
- b. Fluid – easily changing, smooth, unconstrained
- c. Inaction vs. Action – eg. one dancer is moving, one is still