

Elements of Dance | KQED Arts Video

There are a handful of characteristics that all dance forms have in common:
, , , , and

These 5 elements of dance are the building blocks of all forms of creative movement.

Dance is an art form of and by the body.

A dancers' material are their , , , and torsos.

Dancers isolate specific body parts or manipulate their entire body to create , , and .

Any movement of the body while dancing is an .

Leaping, , hand gestures, facial expressions, even pauses and rests are all distinct actions.

Generally speaking, actions can be done in 2 ways: with the body held in one or with the body in .

Stretching, twisting, and can be done with the body in place.

Running, , and twirling, on the other hand, are done as the body is through space.

Dancers interact with and occupy space in a variety of ways. They can occupy a lot of space with their bodies and movements, or just a small amount.

Dancers can engage with space on different levels: , , and . They can move forward, backward, or diagonally through space. And their lines through space can be curved, straight, or freeform.

Every action a dancer performs has a beginning and , so there's always an element of involved in dance.

Like , dance can have structured rhythm and pulse. It can also be free-flowing and unpredictable.

Energy helps describe a dancer is moving. Are they moving forcefully? Gracefully? Fluidly? Or heavily?

Energy also helps us identify the and intentions attached to a dancer's action.

What might a dancer or choreographer be trying to communicate if their are sudden and jerky? Or what might it say if their movements are light and delicate?