

## Exploring the Elements of Dance Web Quest

Name\_\_\_\_\_

Go to Arts Alive website:

You can open hyperlinks to different Elements of Dance hyperlinks, videos and websites to go directly to the link by pressing open hyperlink: watch the dance videos to explain what the elements of dance are in your own words. Do an inquiry search online to answer each. Elements of Dance Videos.

<https://nac-cna.ca/en/artsalive/resources/dance-danse>  
<https://www.elementsofdance.org/body.html>

The Elements of Composition are: Body Shape, Space, Timing, and Form: Movement & Energy

Answer the following questions with a partner:

### 1. Shape: links and sites

<https://www.elementsofdance.org/body.html>  
<https://nac-cna.ca/en/video/map-foundational-elements-of-dance-1-shape>

a) Define what shape is in dance:

b) What are the 3 different *levels* of movement?\_\_\_\_\_

[https://www.nelson.kyschools.us/userfiles/-4/my%20files/dance\\_space.pdf?id=87](https://www.nelson.kyschools.us/userfiles/-4/my%20files/dance_space.pdf?id=87)

c) What is the difference between *symmetrical* and *asymmetrical* shapes and positions of movement?\_\_\_\_\_

**Symmetrical:**\_\_\_\_\_  
 Example types

**Asymmetrical:**\_\_\_\_\_  
 Examples:

d) How do *large and small scale* positions differ in a sequence? \_\_\_\_\_

<b>BODY</b>
<b>Parts of the Body</b> Head, eyes, torso, shoulders, fingers, legs, feet, etc.
<b>Whole Body</b> Design and use of the entire body
<b>Initiation</b> Core Distal Mid-limb Body Parts
<b>Patterns</b> Upper/lower body, homologous, contralateral, midline, etc.
<b>Body Shapes</b> Symmetrical/Asymmetrical Rounded Twisted Angular Arabesque
<b>Body Systems</b> Muscles Bones Organs Breath Balance Reflexes
<b>Inner Self</b> Senses Perceptions Emotions Thoughts Intention Imagination





**Dedicated to Guinea** (excerpt)  
 Dancer: Kenna Cottman  
 Musicians: Voice of Culture featuring Fode 'Lavia' Camara  
 Videographer: Bill Cottman

## ACTION

### Axial

(in place)

Open ----- Close  
 Rise ----- Sink or Fall  
 Stretch ----- Bend  
 Twist ----- Turn

### Laban Effort Actions

Press Flick  
 Wring Dab  
 Slash Glide  
 Punch Float

### Traveling

(locomotor)

Crawl, creep, roll, scoot, walk,  
 run, leap, jump, gallop, slide,  
 hop, skip, do-si-do, chaîné turns  
 .... and many more!

*This is just a starting list of  
 movements. Many techniques  
 have specific names for similar  
 actions. "Sauté" is a ballet term  
 for "jump."*

## Whole Body/Parts

What do the dancers do with their **WHOLE** bodies?

How were different parts of the body used?

**Initiation:** Where does the movement mostly start? Circle or ☒ your choice:

☐ CORE ..... ☐ DISTAL

Center of the body

Ends of the body

Torso, back, core

Hands, Feet, Head

## Body Shapes

What shapes did the body make? Please draw or describe:

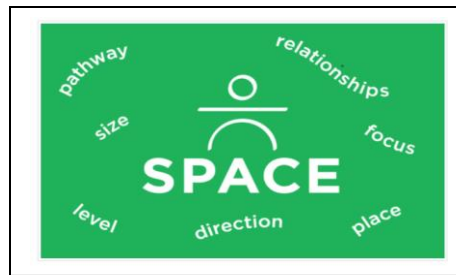
What else did you notice about how the body was used in this dance?

## Personal Reflection

Could you see yourself doing this movement? Why or why not?

W  
Bo

da  
with their  
WHOLE  
bodies? How



## 2. Space

<https://www.elementsofdance.org/space.html>

<https://nac-cna.ca/en/video/map-foundational-elements-of-dance-2-space>

a) Define what space is in dance:

b) What interesting *geometric shapes* and patterns can be made by modifying turns?

---

---

---

---

---

c) How do special patterns display *symmetry and asymmetry*?

---

---

---

---

---

c) What is the difference in *scale* of an *expansive (open)* and *constricted* (closed) pattern or shape? \_\_\_\_\_

---

---

---

---

---

SPACE	
<b>Place</b>	In Place ----- Traveling
<b>Size</b>	Small ----- Large
<b>Level</b>	High ----- Low
<b>Direction</b>	Forward ----- Backward Upward ----- Downward Sideward ----- Diagonally Linear ----- Rotating
<b>Pathway</b>	Traveling, traced in air curved, straight, angular, zig-zag, etc.
<b>Plane</b>	Sagittal (Wheel) Vertical (Door) Horizontal (Table)
<b>Focus</b>	Inward ----- Outward Direct ----- Indirect
<b>Relationships</b>	In Front --- Behind/Beside Over ----- Under Alone ----- Connected Near ----- Far Individual & group proximity to object

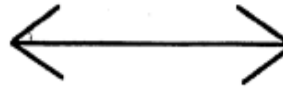


Dance With Two Army Blankets, by Shapiro & Smith Dance @ Hinckley, Minn. from

# SAME AND DIFFERENT

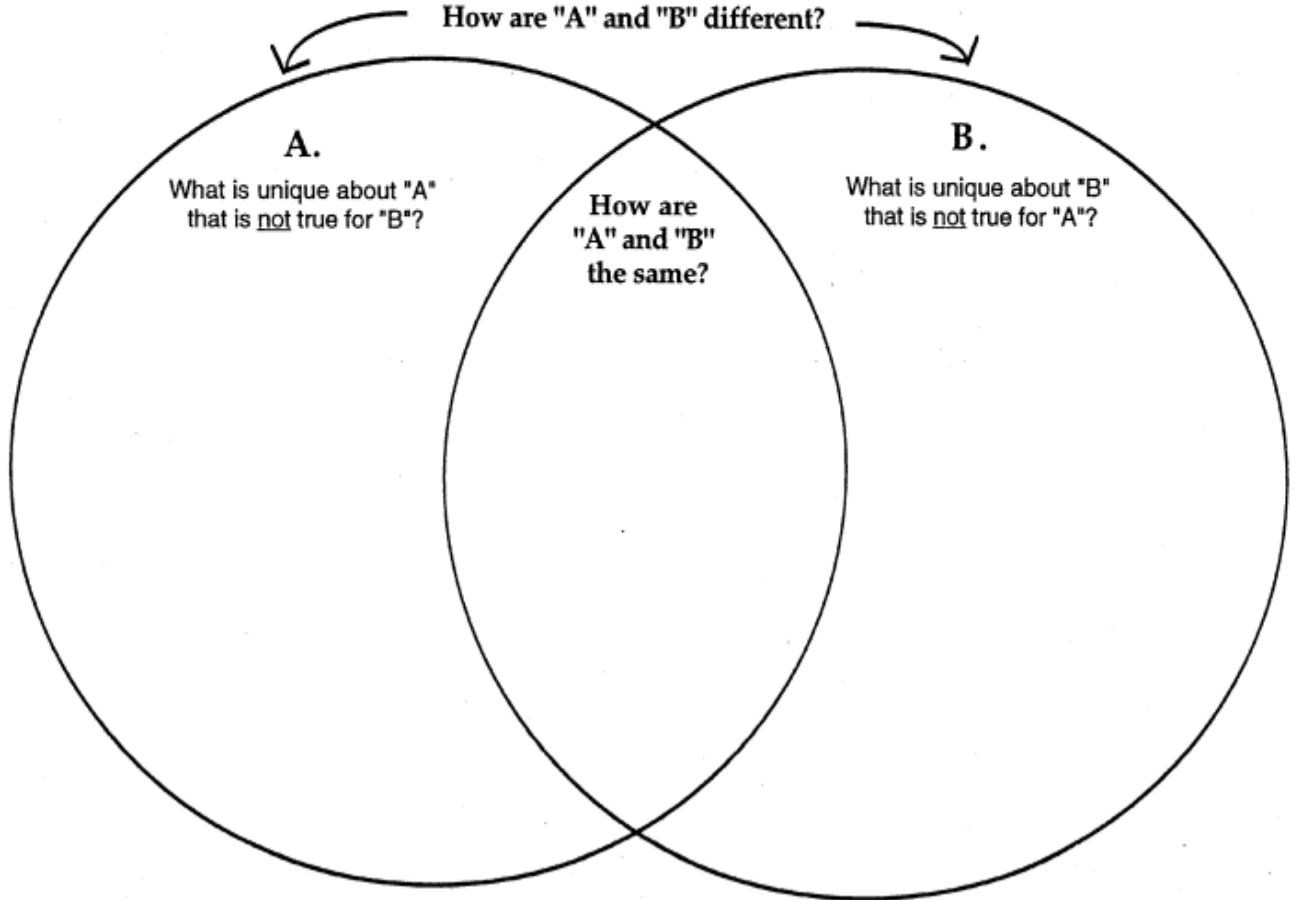
What/who are you comparing?

A.



B.

How are "A" and "B" different?



## Dedicated to Guinea Dance



Dedicated to Guinea (excerpt)  
Dancer: Kenna Cottman  
Musicians: Voice of Culture featuring Fode 'Lavia' Camara  
Videographer: Bill Cottman

## Dance With Two Army Blankets



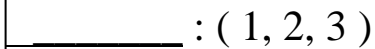
06:20



Time: <https://nac-cna.ca/en/video/map-foundational-elements-of-dance-3-time>

Tempo: give a brief definition of each term in reference:

What is the *time signature* of each: (*write beats*)



\_\_\_\_\_ : ( 1, 2, 3, 4 )

\_\_\_\_\_ : (1 and a, 2 and a)

\_\_\_\_\_ : (1, 2, 3, 1, 2)

<https://www.liveabout.com/what-is-timing-in-dance-1007087#:~:text=In%20dance%2C%20timing%20refers%20to,the%20beat%20of%20the%20music.>

[illegible]

How would you describe the timing in these dance videos?

<https://www.elementsofdance.org/time.html>



**Seeds of Wind (excerpt)**

Choreography: Wynn Fricke in collaboration with the dancers

Music: Composed and performed by Peter O'Gorman

Dancers: Zenon Dance Company including

Mary Ann Bradley, Bryan Godbout, Greg Waletski, Amy Behm-Thompson

Hanging Chimes: Dean Hawthorne

Videography: Jim Peitzman

<https://www.elementsofdance.org/energy.html>



**Kshoy!/Decay!**

Choreography & Direction: Ananya Chatterjea

Collaborators: Laurie Carlos (director/music/performer), Greg Schutte (composer), Mankwe Ndosi (performer/music), Pooja Goswami (music), Annie Katsura Rollins (costume and set design)

Performers: Ananya Dance Theater

Energy: Force, Weight, Flow & Motion  
<https://www.elementsofdance.org/energy.html>



Student Name:

Name of Dance:



Mark how you think each kind of energy mostly happens in this dance.

EXAMPLE: Sharp  Smooth

### ATTACK

How does the dancer begin a movement?

Sharp  Smooth  
 Sudden  Sustained

### TENSION

What's the muscle tone like?

How much are the muscles engaged and working?

Tight  Loose

### FORCE

How much effort is used?

Strong  Gentle

### WEIGHT

How does the dancer work with gravity?

Is the dancer grounded and connected to the earth – or floating and lifting away?

Heavy  Light

### FLOW

How does the dancer connect the movements?

Is it tight & contained—or freely moving?

Bound (Constrained)  Free

What are some other words that describe the energy in this dance? Write them here:

## ENERGY

### Attack

Sharp----- Smooth

Sudden -----Sustained

### Tension

Tight ----- Loose

### Force

Strong ----- Gentle

### Weight

Heavy ----- Light

**Strength:** push, horizontal, impacted

**Lightness:** resist the down, initiate up

**Resiliency:** rebound, even up and down

### Flow

Bound (Controlled) - - -Free

### Energy Qualities

Vigorous, languid, furious, melting, droopy, wild, lightly, jerkily, sneakily, timidly, proudly, sharp, smooth, sudden, sustained etc.

## Motion & Action



<https://nac-cna.ca/en/video/map-foundational-elements-of-dance-4-motion>

What action words would describe:

**bound:** \_\_\_\_\_

**free:** \_\_\_\_\_

**What action words could you use for :**

**Axial movements or non-locomotor movements:**

**Traveling or locomotor movements:**

**Give 5 different pathways that could be used in locomotor movement:**

**Example: zig zag forward and backwards**

---

---

---

---

---

**Brainstorm dance movements for the theme:**

***Birds in a Cage***

**Pathways and traveling positions: (minimum 3)**

**Non-locomotor body movements or effort actions (minimum 3):**

**Low, medium, high positions or motions done together or unison**

**Low Medium and high movements done in cannon or opposite/asymmetrically**

### ACTION

#### Axial

(in place)

Open ----- Close  
Rise ----- Sink or Fall  
Stretch ----- Bend  
Twist ----- Turn

#### Laban Effort Actions

Press	Flick
Wring	Dab
Slash	Glide
Punch	Float

#### Traveling

(locomotor)

Crawl, creep, roll, scoot, walk, run, leap, jump, gallop, slide, hop, skip, do-si-do, chainé turns .... and many more!

*This is just a starting list of movements. Many techniques have specific names for similar actions. "Sauté" is a ballet term for "jump."*



## ACTION ASSIGNMENTS

K-8 with teacher oversight and coaching  
High School & Adult – independent work



Instead of using drums, percussive dancers use their bodies instead! These dances can be performed with no musical accompaniment, but can also be done with live or recorded music by drummers, singers and musicians. Some percussive dancers also use everyday objects in unusual ways to make sound such as the performers in *Stomp!*

**Tap Dancing** is a well-known example of percussive dance, but percussive dance occurs across the world in many different dance traditions and genres such as:

Irish Step Dancing  
American Hambone  
Clogging  
Kathak  
Odissi  
Flamenco

Zapateado  
Step Dance (African American)  
Podorythmie  
Keplok  
... and many more!

---

**ASSIGNMENT #1:** Research one of the above dance forms and develop a presentation or write a short paper about it. Your research should include at least three (3) sources and may include an interview or practice session with someone who does one of these dances. Your paper or presentation must include the cultural and historical contexts of the dance.

**ASSIGNMENT #2:** Select 3 of the Action words in the Elements of Dance graphic organizer to use in a dance phrase you will choreograph. You will also pick a 4<sup>th</sup> choice, which can be any dance step or movement of your own choice. For example, you might choose “twist, float, jump” from the graphic organizer and decide to use a triplet turn as your 4<sup>th</sup> choice. You can use any style of dance for this assignment. Here’s the game plan:

- ☐ Use both axial and locomotor movements in your dance phrase.
- ☐ Be inventive, but use only these 4 movements in the dance phrase.
- ☐ The phrase should be at least 15 seconds long with a clear beginning and ending -
  - so you will have to:
- ☐ Repeat at least some movements or create variations.
- ☐ The phrase can be performed in silence or with music, so be prepared to explain your choice.

Use this above checklist to guide your work.

# The Elements of Dance

Ask: Answer:	WHO? A dancer	DOES WHAT? moves	WHERE? through space	WHEN? and time	HOW? with energy
B.A.S.T.E.	BODY	ACTION	SPACE	TIME	ENERGY
<b>Concepts</b> (in <b>bold</b> font) with some suggestions for word lists and descriptors under each concept.	<b>Parts of the Body</b> Head, eyes, torso, shoulders, fingers, legs, feet, etc.	<b>Axial</b> (in place) Open ----- Close Rise ----- Sink or Fall Stretch ----- Bend Twist ----- Turn	<b>Place</b> In Place ----- Traveling	<b>Duration</b> Brief ----- Long	<b>Attack</b> Sharp ----- Smooth Sudden ----- Sustained
	<b>Whole Body</b> Design and use of the entire body	<b>Laban Effort Actions</b> Press Flick Wring Dab Slash Glide Punch Float	<b>Size</b> Small ----- Large	<b>Speed</b> Fast ----- Slow	<b>Tension</b> Tight ----- Loose
	<b>Initiation</b> Core Distal Mid-limb Body Parts	<b>Traveling</b> (locomotor) Crawl, creep, roll, scoot, walk, run, leap, jump, gallop, slide, hop, skip, do-si-do, chaîné turns .... and many more!  <i>This is just a starting list of movements. Many techniques have specific names for similar actions. "Sauté" is a ballet term for "jump."</i>	<b>Level</b> High ----- Low	<b>Beat</b> Steady ----- Uneven	<b>Force</b> Strong ----- Gentle
	<b>Patterns</b> Upper/lower body, homologous, contralateral, midline, etc.		<b>Direction</b> Forward ----- Backward Upward ----- Downward Sideward ----- Diagonally Liner ----- Rotating	<b>Tempo</b> Quick ----- Slow	<b>Weight</b> Heavy ----- Light <b>Strength:</b> push, horizontal, impacted <b>Lightness:</b> resist the down, initiate up <b>Resiliency:</b> rebound, even up and down
	<b>Body Shapes</b> Symmetrical/Asymmetrical Rounded Twisted Angular Arabesque		<b>Pathway</b> Traveling, traced in air curved, straight, angular, zig-zag, etc.	<b>Accent</b> Single ----- Multiple On Beat ----- Syncopated Predictable ----- Unpredictable	<b>Flow</b> Bound (Controlled) ----- Free
	<b>Body Systems</b> Muscles Bones Organs Breath Balance Reflexes		<b>Plane</b> Sagittal (Wheel) Vertical (Door) Horizontal (Table)	<b>Rhythmic Pattern</b> Patterned ----- Free Metric: 2/4, 6/8, etc Polyrhythms Cross-rhythm Tāla Breath, waves, word cues, event cues, felt time	<b>Energy Qualities</b> Vigorous, languid, furious, melting, droopy, wild, lightly, jerkily, sneakily, timidly, proudly, sharp, smooth, sudden, sustained etc.
	<b>Inner Self</b> Senses Perceptions Emotions Thoughts Intention Imagination		<b>Focus</b> Inward ----- Outward Direct ----- Indirect	<b>Timing Relationships</b> Before After Unison Sooner Than Faster Than	
			<b>Relationships</b> In Front --- Behind/Beside Over ----- Under Alone ----- Connected Near ----- Far Individual & group proximity to object		

Choreography #2 Title:

Group members:

Music:

A

B

C

BASTE: \* Body/Relationships \* Motion/Action \* Space/Energy \* Timing/Dynamics