

Figure 1.1 Dance Concepts

Space

Place: self-space, general space

Size: big (far reach), medium (mid-reach), little (near reach)

Level: high, middle, low

Direction: forward, backward, right, left, up, down

Pathway: straight, curved, zigzag

Focus: single focus, multi-focus

Time

Speed: slow, medium, fast

Rhythm: pulse, pattern, grouping, breath

Force

Energy: smooth (sustained), sharp (sudden)

Weight: strong, light, passive, active

Flow: free, bound

Body

Parts: head, neck, arms, wrists, elbows, hands, fingers, pelvis, spine, trunk, legs, knees, feet, toes, ankles, heels, shoulders, and so on

Shapes: straight, curved, angular, twisted, symmetrical, asymmetrical

Relationships: body parts to body parts, individuals to groups, body parts to objects, individuals and groups to objects—near, far, meeting, parting, alone, connected, mirroring, shadowing, over, under, above, below, around, through, beside, between, on, off, in, out, and so on

Balance: on-balance, off-balance

Choreographic Forms

ABA—Three-part form in which A represents one phrase or idea and B represents a different phrase or idea.

Suite (ABC)—Three contrasting sections.

Recurring theme—Theme and variation, ABAC, ABBA, and so on.

Abstract—A geometric form, not representational.

Narrative—In the form of a story, representational.

Broken form—Unrelated ideas, often illogical or humorous.

Chance dance—Movement selected and defined but randomly structured.

From Anne Green Gilbert, 2015, *Creative dance for all ages: A conceptual approach*, 2nd ed. (Human Kinetics and SHAPE America).