

# Components of dance

## Action: movement

Walking

Running

Hopping

Jumping

Shaking

Wobbling

Spinning

Curling

Skipping

Shuffling

Stamping

Tiptoeing

Marching

Crawling

Rolling

Creeping

Leaping

Falling

Floating

Swaying

Swinging

Lunging

Leaning

Twisting

Sliding

Turning

# Components of dance

## Action: shape

Small

Large

Curled

Stretched

Tall

Flat

Wide

Narrow

Spiky

Smooth

Straight

Twisted

Curved

Triangle

Square

Circle

Symmetrical

Asymmetrical

Bent

Hollow

# Components of dance

## Action: body part

Toes

Feet

Ankle

Knee

Leg

Hip

Bottom

Tummy

Chest

Back

Shoulder

Hand

Fingers

Elbow

Arm

Head

Eyes

Ears

Mouth

Face

Right side

Left side

Both sides



# Components of dance

## Dynamics

Sharp      Strong      Big      Light

Floaty      Weak      Heavy      Gliding

Staccato      Rigid      Tense      Jerk

Energetic      Hard      Smooth      Continuous

Explode      Crumble      Tremble      Floppy

Elegant      Gentle      Hang      Crash

Shatter      Sink      Release      Wobble

Pulse      Wiggle      Twitch      Flutter

Soft      Sudden      Flash      Jagged

# Components of dance

## Dynamics

### Emotions

Angry      Sad      Jealousy      Happy

Excited      Depressed      Confused      Fear

Surprised      Disgust      Anxious      Lonely

### Time

Slow      Fast      Accelerate      Decelerate

Still      Pause      Rhythms (eg. 3/4 & 4/4)

Off-beat      On beat      Varied

Natural Rhythms      Staccato      Sustained

# Components of dance

## Relationships

Under

Over

Around

Towards

Away

Pull

Push

Balance

Support

Lift

Counter Balance

Catch

Unison

Canon

Action / Response

Opposition

Mirror

Resistance

Giving weight

Formations

Duets

Trios

Quartets