

Universal Dance Vocabulary

Spring 2017

Body

- Locomotor movement - movement that travels
- Nonlocomotor - moving in place
- Shape - any frozen position of the body

Energy

- Sharp - movement that has stops
- Smooth - movement that is nonstop

Space

- Relationship - how 2 or more people/things are connected. Examples: over-under, in front-behind, beside, around-through
- Personal Space - your own kinesphere
- Shared - sharing your space with another
- Level - high, middle, low
- Range of motion - how close to or far away from our center you are (how big or small you are)
- Formations - how bodies are arranged in space
- Groupings - solo, duet, trio, etc...

Tempo

- Speed (fast and slow)