

DANCE 101

Understanding B.E.S.T. - Body, Energy, Time, Space

Body Concepts

Parts of the Body

Head, eyes, shoulders, fingers, etc....

Initiation

Where did the movement start (core, head, feet, etc..)

Body Shapes

Symmetrical, rounded, twisted, angular....

Body Systems

Balance, breath, muscles, reflexes...

Inner Self

Emotions, thoughts, imagination, intent...

Energy Concepts

Force of Movement

Strong to gentle

Attack/Action

Sudden, sustained, sharp, smooth...

Tension

Tight to loose

Weight

Heavy to light, Strength, How do you work with gravity?

Flow of movement

Tightly bound or free?

Space

Place

In a spot or traveling?

Levels

High, middle or low

Direction

Forward, backwards, up, down, rotating, sideways

Focus

Inward or outward, direct or indirect

Spatial Relationships

Shadow, connected, near, far, under, over

Time

Duration

Brief or long

Speed

Fast, medium, slow, suspended

Beat

Steady or uneven

Tempo

Quick or slow

Rhythm

Patterns. Metric, breath, static

