

# Elements of Dance

## SPACE | LEVEL

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High  
Medium  
Low

## SPACE | DIRECTION

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Forwards  
Backwards  
Right/Left  
Up/Down

## SPACE | PATHWAY

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In the Air  
On the Floor  
Straight  
Curved  
Zigzag  
Irregular

## TIME | TEMPO

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Fast  
Slow  
Increasing  
Decreasing

## ENERGY | WEIGHT

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Firm  
Light  
Soft  
Strong  
Weak  
Heavy

## ENERGY | QUALITY

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Sudden  
Sharp  
Percussive  
Smooth  
Delicate

## RELATIONSHIPS

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Over  
Under  
Through  
Beside  
Towards  
Away From  
Meeting  
Mirroring  
Copying  
Shadowing  
Alone  
Scattering  
Action  
Unison