

# CREATING MOVEMENT USING THE ELEMENTS OF DANCE

Ideas inspired by Saskatchewan Online Curriculum, CODE Ontario and InspirEd Arts. Created by *Natasha Hutchins* at [www.prodivame.com](http://www.prodivame.com)

It is important to create your own movement and not just learn the movements from or about the movements of another. You can use the elements of dance almost like a menu to help get you moving. Begin with an inspiration, select a few movements that fit the purpose or express this idea, sequence these movements, add other elements as needed and then repeat this pattern changing your movements as you so choose.

WHAT BODY PARTS WILL YOU USE?

WHAT MOVEMENTS WILL YOU MAKE?

HOW WILL YOU SEQUENCE THEM?

WHERE AND HOW WILL YOU TRAVEL THROUGH THE SPACE?

WHAT TYPE OF TIME WILL YOU TAKE?

HOW MUCH ENERGY DO YOU WANT TO INJECT INTO YOU MOVEMENTS?

WHO, WHAT OR HOW DO YOU NEED TO MOVE WITH?

BODY	ACTION	SPACE	TIME	ENERGY	RELATIONSHIPS
WHO?	WHAT?	WHERE?	WHEN?	HOW?	WHY?
A dancer	moves	through space	and time	with energy	using relationships.
<b>Body Parts</b> <input type="checkbox"/> Hip <input type="checkbox"/> Leg <input type="checkbox"/> Arm <input type="checkbox"/> Feet <input type="checkbox"/> Neck <input type="checkbox"/> Knee <input type="checkbox"/> Head <input type="checkbox"/> Chest <input type="checkbox"/> Shoulder  <b>Body Shapes</b> <input type="checkbox"/> Angular <input type="checkbox"/> Curved <input type="checkbox"/> Straight <input type="checkbox"/> Symmetrical <input type="checkbox"/> Asymmetrical	<b>Travelling</b> <input type="checkbox"/> Run <input type="checkbox"/> Hop <input type="checkbox"/> Skip <input type="checkbox"/> Slide <input type="checkbox"/> Walk <input type="checkbox"/> Leap <input type="checkbox"/> Jump <input type="checkbox"/> Gallop  <b>Stationary</b> <input type="checkbox"/> Pull <input type="checkbox"/> Sink <input type="checkbox"/> Kick <input type="checkbox"/> Rise <input type="checkbox"/> Melt <input type="checkbox"/> Turn <input type="checkbox"/> Push <input type="checkbox"/> Float <input type="checkbox"/> Twist <input type="checkbox"/> Bend <input type="checkbox"/> Swing <input type="checkbox"/> Burst <input type="checkbox"/> Reach <input type="checkbox"/> Wiggle	<b>Directions</b> <input type="checkbox"/> Up <input type="checkbox"/> Down <input type="checkbox"/> Side <input type="checkbox"/> Back <input type="checkbox"/> Front <input type="checkbox"/> Around  <b>Size</b> <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Big  <b>Place</b> <input type="checkbox"/> Self Space <input type="checkbox"/> General Space  <b>Levels</b> <input type="checkbox"/> Low <input type="checkbox"/> Medium <input type="checkbox"/> High  <b>Focus</b> <input type="checkbox"/> Direct <input type="checkbox"/> Indirect  <b>Pathways</b> <input type="checkbox"/> Curved <input type="checkbox"/> Zig Zag <input type="checkbox"/> Straight	<b>Tempo</b> <input type="checkbox"/> Slow <input type="checkbox"/> Medium <input type="checkbox"/> Fast  <b>Meter</b> <input type="checkbox"/> 4/4 March <input type="checkbox"/> 3/4 Swing  <b>Rhythm and Accent</b>	<b>Energy</b> <input type="checkbox"/> Free <input type="checkbox"/> Light <input type="checkbox"/> Sharp <input type="checkbox"/> Bound <input type="checkbox"/> Strong <input type="checkbox"/> Smooth	<b>Body Relationships</b> <input type="checkbox"/> On <input type="checkbox"/> Off <input type="checkbox"/> Far <input type="checkbox"/> Near <input type="checkbox"/> Over <input type="checkbox"/> Under <input type="checkbox"/> In Back <input type="checkbox"/> In Front <input type="checkbox"/> Around <input type="checkbox"/> Through <input type="checkbox"/> Supported