

ELEMENTS OF DANCE

Arts and Humanities

For Your Enjoyment

[Video](#)



The B.A.S.T.E. method



The B.A.S.T.E. method

- Body (Who)
- Actions (What)
- Space (Where)
- Time (When)
- Energy (How)



Body

- Who is dancing?
- This element of dance includes characteristics of the body
 - Parts of the body used
 - Initiation of moves
 - **Distal-** the furthest point from the point of attachment. (i.e. fingers are distal to the shoulder)
 - Patterns and shapes of the body

Actions

- What are the dancers doing?
- This element of dance includes the specific moves that the performers execute.
- Grouped in locomotor and non-locomotor movements.



Actions

LOCOMOTOR

- Movement that changes location (i.e. moving from point A to point B)
- Examples:
 - Somersault
 - Run
 - Skip
 - Leap
 - Crawl

NON-LOCOMOTOR

- Movement that stays in one spot (i.e. NOT moving from point A to point B)
- Examples:
 - Stretch
 - Twist
 - Turn
 - Bend

Locomotor or Non-locomotor?



Space

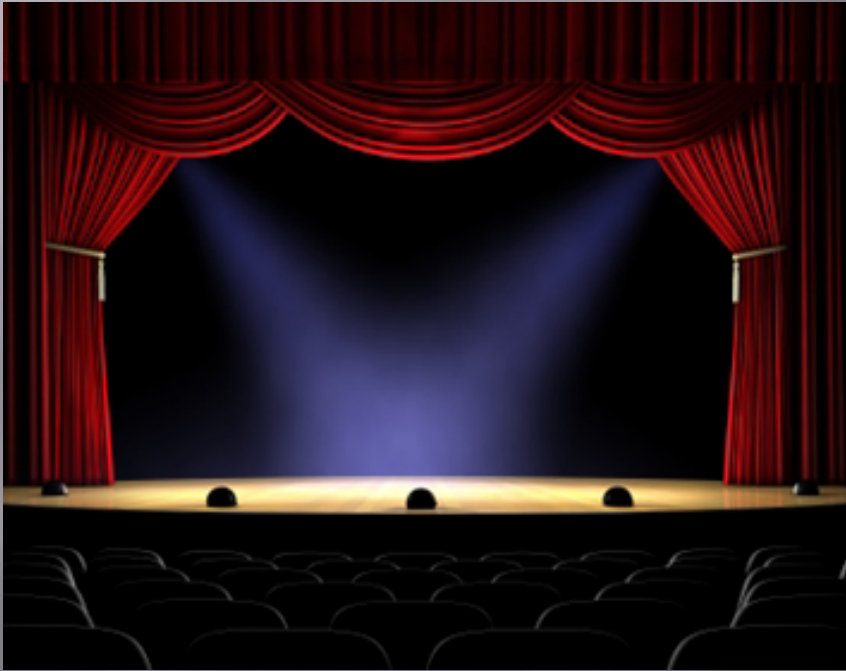


Space

- Where are the dancers dancing?

- This element of dance includes the area that the dancers use to perform
 - The level used (high, medium, low)
 - The dancers pathway and the direction it goes
 - The orientation (which way they face)

Types of Spaces



Time



- When are they dancing?
- This element of dance relates to tempo (how fast or slow something is) and rhythm (the beat and pulse of the movement).

Energy

- How are they performing the dance?
- This element of dance includes the force with which dancers perform movements
 - Also deals with the weight (heavy, light) of movements.
 - The attack and flow of the movements

Irish River Dancing

With the sheets provided, describe what you see in regards to the elements of dance. Use your “cheat sheet”.



VIDEO