

## The Elements of Movement for the Performing Artist

### ◆ The Concept of Space

Place	self-space/general space
Size	big/small, far reach/near reach
Level	high/low
Direction	forward/backward, right/left, up/down
Pathway	curved/straight/zigzag
Focus	single focus/multi focus

### ◆ The Concept of Time

Speed	fast/medium/slow/stasis/freeze
Rhythm	pulse/pattern/breath

### ◆ The Concept of Force

Energy	sharp (sudden)/smooth (sustained)
Weight	strong/light
Flow	free/bound

### ◆ The Concept of Body

Parts	head, neck, arms, wrists, elbows, hands, fingers, pelvis, spine, trunk, legs, knees, feet, toes, ankles, heels, shoulders, etc.
Shapes	curved/straight, angular/twisted, symmetrical/asymmetrical
Relation- Ships	body parts to body parts, individuals to groups, body parts to objects, individuals and groups to objects: near/far, meeting/parting, alone/connected, mirroring/shadowing, unison/contrast, over/under, above/below, around/through, beside/between, on/off, gathering/scattering, in/out, etc.
Balance	on balance/off balance

### ◆ The Concept of Movement

**Locomotor** basic: walk, run, jump, hop, leap, gallop, slide, skip, crawl, roll, combined: step-hop, waltz-run, two-step, grapevine, jog, prance, slither, creep, etc.

**Non-  
Locomotor** bend, twist, stretch, swing, push, pull, fall, melt, sway, turn, spin, dodge, kick, poke, lift, carve, curl, lunge, slash, dab, punch, flick, float, glide, press, wring, shake, rise, sink, burst, wiggle, etc.