Elements of Dance – REVOLUTION

Use these elements in your choreography to demonstrate the concept of revolution, and to represent your specific solar system aspects.

Motion: locomotor (travels) slide-chasse, walk, crawl, run, leap
Energy: strong, sharp and free flow
Space: around, forward, curved, big/little, high, low
Time: even beat/pattern, slow and quick

Your choreography must be at least 6 counts of 8!

Elements of Dance – ROTATION

Use these elements in your choreography to demonstrate the concept of rotation, and to represent your specific solar system aspects.

Motion: nonlocomotor (no traveling) sinking, bending, pushing, pulling, stretching
Energy: smooth, light, strong, heavy
Space: high, low, little, big, curved, twisted, up, down,
Time: slow and quick, even beat pattern

Your choreography must be at least 6 counts of 8!