

## **15 DANCE CONCEPTS**

Integrate into the BrainDance one at a time

(adapted from Rudolf Laban)

**Place** – Self space, general space

**Size** – Big (far reach), small (near reach)

**Level** – High, middle, low

**Direction** – Forward, backward, right, left, up, down

**Pathway** – Curved, straight, zig-zag

**Focus** – Single focus, multi-focus

**Speed** – Fast, medium, slow

**Rhythm** – Pulse, pattern, grouping, breath

**Energy** – Sharp (sudden), smooth (sustained)

**Weight** – Strong, light

**Flow** – Free, bound

**Balance** – Off balance, on balance

**Parts** – Head, neck, shoulders, arms, wrists, elbows, hands, fingers, trunk, spine, sternum, legs, knees, ankles, feet, toes, heels, pelvis, hips, etc.

**Relationships** – Under, over, around, through, above, below, beside, between, in, out, together, apart, on, off, near, far, in front, behind, mirror, shadow

**Shapes** – Curved, straight, angular, twisted, symmetrical, asymmetrical

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