

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!