**Body Movement And The Elements of Dance: Terminology**

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| **Term** | **Definition** | **Example** |
| Actions | What the body is doing. Includes locomotor and non-locomotor moves. |  |
| Alignment | Body placement or posture; proper alignment lessens body strain and promotes dance skills. |  |
| Asymmetry | An uneven, irregular design. |  |
| Body Bases | Body parts that support the rest of the body.  |  |
| Body Parts | Arms, legs, torso, head, and so on. |  |
| Body Zones | Body areas of right side, left side, front, back, upper half, and lower half. |  |
| Directions | Forward, backward, sideways, up, and down. |  |
| Duration | The length of time needed to do a movement; very short to very long. |  |
| Dynamics | The dance element which relates to how a movement is done.  |  |
| Elements of Dance | The basic components of movement: actions, body, dynamics, space, relationships. |  |
| Energy | Muscular tension used to move; ranges from a little to a lot. |  |
| Even Rhythm | Movements of equal duration; for example, walking. |  |
| General Space | The dance area. |  |
| Kinesphere | See personal space. |  |
| Levels | Movements might take place on three levels: high level, middle level, and low or deep level. |  |
| Locomotor Movements | Movements that travel from one location to another. |  |
| Non-Locomotor Movements | Also called axial; movements which do not travel; moving or balancing on the spot. |  |
| Notation | Graphic Shapes and lines (traditional or invented) used to represent movement (see Motif symbols). |  |
| Pathways | Patterns or designs created on the floor or in the air by movements of the body. |  |
| Personal Space | Also called kinesphere; the space reached while stationary. |  |
| Relationships | The body’s position relative to something or someone. |  |
| Shape | The design of a body’s position. |  |
| Size | Magnitude of a body shape or movement; from small to large. |  |
| Speed | Velocity of movements; from slow to fast.  |  |
| Symmetry | A balanced, even design. |  |
| Uneven Rhythms | Movements of unequal duration; for example, skipping.Termino |  |