**Elements of dance (B.E.S.T):**

* Body
  + Parts of the body: part, whole, torso, arms, legs
  + Shape: symmetrical, asymmetrical, curved, angular, open, closed
  + action: undulate, twist, bounce, jump, roll, reach, slide, hop, sway
  + size: small, big
* Energy
  + collapse
  + melt
  + suspend
  + percussive
  + swing
  + attack
  + flow
  + smooth
* Space
  + formations: lines, V shape, blob, in the gaps
  + levels: low, middle, high
  + directions: front, back, side
  + plane: sagittal, vertical, horizontal
  + pathways: circle, diagonal, zig zig, line
* Time
  + speed: fast, slow
  + tempo: quick, lively, slowly, fast
  + duration
  + rhythmic pattern: 2/4, 3/4, 4/4, 6/8

**Choreographic structure:**

* Binary: dance that has two section or parts, often referred to as AB. It has a beginning idea and an ending idea.
* Rondo: a patterned repetition of movement phrases repeated with other phrases in between. Often referred to as ABA CA DA or verse and chorus
* Ternary: dance that has three section or parts. Often referred to as ABA, has a beginning idea, a secondary idea and then returns to the beginning idea.

**Choreographic device:**

* contrast: movement is altered to create oppositions, thus making contrasts, such as high/low or big/little
* canon: a movement phrases is repeated by separate performers with staggered starts
* repetition: repeating a whole or part of a movement, simple movement or the impulses of a movement
* reversal: reversing the order of the movement
* fragmentation: performing only part of a movement sequence that is varied or repeated
* retrograde: rewinding the move as if watching a video on rewind
* unison: two or more people performing the same movement at the same time
* embellishment: exaggerated movement or phrase with a dynamic quality such as floppy, shaky, stiff, wobbly
* Accumulation: building a sequence by adding movement one at a time; 1, 1+2, 1+2+3, 1+2+3+4
* Motif: a recognisable shape or movement that is repeated or varied throughout a dance or phrase
* abstraction: literal movement is manipulated to remove its narrative elements

**Functions of Dance**

* Ritual dance: performed for worship, ceremony, celebrating or as a rite of passage - it has cultural meaning. They're normally passed on within the community. The main function of ritual dance is communication. An example is the Australian Aboriginal corrobree or the Maori haka.
* social dance: a dance for everyone. The steps are simple and regardless if the person needs a partner. they can occur in a crowd gathering. The main function of social dance is participation. An example is the jive, the waltz, the highland fling and the breakdance.
* artistic dance: primary performed for an audience. The steps are more specialised and require rehearsals. The main function of artistic dance is entertainment. An example of artistic dance is ballet, tap and contemporary dance

Contexts of dancer

* Historical context
  + places a dance in a particular time. Understanding this requires the knowledge on the distance of time. This can be seen with the Charleston in the 1920s as society was free from WW1. There was a sense of freedom and it broke free from the waltz to become relaxed open hold when dancing face to face and introduced movement that was side to side or completely separate from the partner
* Social context
  + a dance in a particular situation. The interactions with people, the organisation created and the relationships made all the social context. The way a dance is choreographed, the style of dance and performers used also have something to say something about the social dance.
* Cultural context
  + places a dance in a particular environment
  + belong to a culture context means a person identifies with the thinking, actions and behaviours of the group within that environment. Encourages the feeling of the belonging in people. Resulting in the group working together to further define a cultural context. This can be seen in Russian Dance with the traditions of even though both parents work, the women look after the house. This is shown in Russian dance with women's movement being very gentle, involving kicks, heel taps and clap. While men have very energetic movement such as high kicks and deep squats.

Biomechanical principles of movement

* Balance
  + When the body is in a state of equilibrium, at resting or while moving. Will occur when the body's centre of gravity falls within the base of support
* stability
  + the ability to maintain balance
* base of support
  + the area of ground bounded by the points of the body in contrast within the ground
* centre of gravity
  + defined as the point through which the entire mass of the body may be considered to act
* summation of forces
  + the momentum transfer from one part to another
* transfer of weight
  + when dancers moves their weight from one body part to another
* Motion
  + the continual change in position of a body relative to a particular point.

Safe execution of skills and technique

* core strength
  + the development of core is essential to performing exercises and skills correctly. Allows dancer to move more effectively and control more peripheral movement with finer detail.
* posture and core alignment
  + correct skeletal alignment during movement and performance which enables to move with safety, efficiency, balance and strength
* Natural alignment of pelvis
  + as cornerstone of overall skeletal alignment. Nature pelvis alignment allows for efficient execution of movement, including external rotation at the hop join and assists on building a strong core
* General alignment
  + will decrease the possibility in injury