

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

Copyright 2007 Anne Green Gilbert, used by permission