**Elements of Choreography**

**Choreography:** The art of designing dances. Dance is a language of movement, and choreography is putting that language into form. A choreographer is a maker, a creator of dances.

**Elements of Choreography:**

1. **Energy** (active/passive, strong/gentle, movement qualities)
   a. Swinging Movement (ex. The motion of the pendulum in a Grandfather’s clock)
   b. Percussive Movement (very obvious starts and stops, with no continuity)
   c. Sustained Movement (flow, with no obvious beginning or ending. Clear continuity with nothing to break the smooth progression of directed energy)
   d. Vibratory Movement (a repetition of individual start-and-stop patterns. A hypnotic effect in such movement, as in a persistent jitter)
   e. Suspended Movement (the point of resistance to gravity where, for an instant – as at the height of a leap or just before a fall – the dancer seems to be suspended in space)
   f. Collapse (release of energy, relaxed and without tension)

2. **Space** (position and dimension)
   a. Position: Level in regards to the floor and direction in which he/she is moving
   b. Dimension: Size of the dancer’s movement (shape, designs in space)
   c. Focus (out/in)
   d. Symmetry/Asymmetry in staging
   e. Space is symbolic:

   >>>Positive journey>>>  
   | secretive | (Strongest diagonal) |
   |           |                     |
   |           |                     |
   |           |                     |
   |           | confrontational     |

<<<Running away/against something <<<

3. **Time** (speed/tempo and rhythm)
   a. Stillness, duration, regular/irregular, momentum

**Forms** (The most basic three forms…)

1. Music Forms: A B A A A B A
   a. Three Approaches to Music in Dance
      i. Chance Dance (no initial relation to music and movement)
      ii. Music Visualization (you are a part of the orchestra)
      iii. Musical Interpretation (capture emotion of the song)

2. Rondo Form: A B A C A D A E …

3. Theme and Variation (a tree in fall, winter, spring, summer)

**Choreographic Devices**

- Levels
- Planes (changing)
- Tempo (take rhythm and do it faster/slower)/Change Rhythms
- Traveling
- Retrograde (rewind the phrase)
- Reverse or put movement in new orders
- Qualities
- Force
- Staging (focus/direction)
- Repetition
- Inversion (high to low/low to high)
- Size/range of movement
- Instrumentation (different body part)
- Additives/incorporating
- Embellishment
- Fragmentation
- Combination