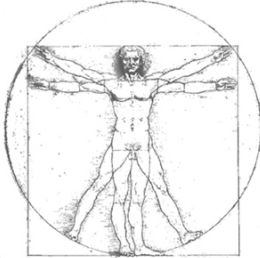


The Elements of Dance – B.E.S.T.



BODY

What we move.

Shape

Body Parts

Physical Skills

Feeling

Effort

Mood

Quality

Dynamics

ENERGY

How we move.



SPACE

Where we move.

Size

Direction

Shape

Level

Pathway

Duration

Speed

Sequence

Timing

Rhythm

TIME

When we move.

