


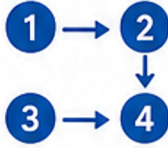







DANCE PATHWAYS REFERENCE POSTER

1. CREATE  Generate ideas and make choices.	Ideas  Explore inspiration. Imagine. What do you want to say?	Movement  Choose and combine moves. Use body, space, time and energy.	Structure  Sequence your ideas. Begin, develop, climax, end.	Express  Show feeling and meaning. Be authentic.
	2. PRACTISE  Develop skills and refine.	Technique  Use correct alignment. Control and coordination.	Repetition  Repeat to improve. Build muscle memory.	Feedback  Give and receive feedback. Be specific and kind.
3. PERFORM  Share with an audience.	Focus  Stay present. Use your attention.	Projection  Use energy. Project to your audience.	Connection  Connect with your audience and dancers.	Commitment  Perform with confidence. Be fully engaged.
	4. RESPOND  Reflect and evaluate.	Observe  Watch carefully. What do you see? What stands out?	Analyse  How was it made? Look at choices and elements.	Interpret  What is the meaning or message?

THE ELEMENTS OF DANCE

BODY



How you move. Parts, shapes, actions.

SPACE



Where you move. Levels, directions, pathways, personal space.

TIME



When and how you move. Speed, rhythm, duration.

ENERGY



The quality of movement. Strong, light, sharp, smooth.

RELATIONSHIPS



How you relate to others and the environment.



REMEMBER: **CREATE** • **PRACTISE** • **PERFORM** • **RESPOND** – GROW AS A DANCER!