

## DANCE INGREDIENTS HELP SHEET - TERMLY WORD BANK OF KEY WORDS -

**Motif:** A phrase of dance movement that embody your dance idea.

**Motif Development:** Motif's developed using actions (change order, add, subtract, instrumentation), space (levels, directions, pathways) dynamics (speed, energy, rhythm) and relationships (Group, partner, contact, meeting and parting)

### Choreographic Devices

**Repetition** – A very simple device where you repeat all or part of one motif.

**Contrast** – Where you add something completely different to your dance.

**Transitions** – Links between movements, phrases and sections of your choreography.

**Retrograde** - Performing a motif backwards (like rewinding a video)

**Beginning and End** – It is important to have a catchy beginning and end to your dance.

### ASDR

#### **Actions (WHAT the movement is):**

Jump	Roll	Travel	Gesture	Fall	Balance
	Stillness	Push	Hop	Twist	Bounce
	Nod	Step	Freeze	Stamp	

#### **Dynamics (HOW you move):**

Strong	Slow	Indirect	Jagged	Explosive	Heavy
	Fast	Sustained		Mechanical	

#### **Space (WHERE you move):**

Pathways	Levels	Size	Body Shape Design
	Directions	Levels	Close Far

#### **Relationship (with WHOM):**

Meet and Part	Mirror	Question and Answer	Canon
Unison	Formations	Contact	

### Structure

AB = Binary, ABA = Ternary, ABCDEFG = Narrative, ABACADA = Rondo,  
AA1A2A3A4A5 = Theme and Variation, ??? = Chance

### Performance Skills

Expressive OR Technical

#### **Expressive skills**

Focus

Projection