

Physical Skills

posture	The way the body is held.
alignment	Correct placement of body parts in relation to each other.
balance	A steady or held position achieved by an even distribution of weight.
coordination	The efficient combination of body parts.
control	The ability to start and stop movement, change direction and hold a shape efficiently.
flexibility	The range of movement in the joints (involving muscles, tendons and ligaments).
mobility	The range of movement in a joint; the ability to move fluently from action to action.
strength	Muscular power.
stamina	Ability to maintain physical and mental energy over periods of time.
extension	Lengthening one or more muscles or limbs.
isolation	An independent movement of part of the body.

Technical Skills

actions	travel, turn, elevation, gesture, stillness, use of different body parts, floor work, transfer of weight.
dynamic s	fast/slow, sudden /sustained, acceleration/deceleration, strong/light, direct/indirect, flowing/abrupt.
Use of space	pathways, levels, directions, size of movement, patterns, spatial design.

Expressive skills

projection	The energy the dancer uses to connect with and draw in the audience
focus	Use of the eyes to enhance performance or interpretative qualities.
spatial awareness	Consciousness of the surrounding space and its effective use.
facial expression	Use of the face to show mood, feeling or character.
phrasing	The way in which the energy is distributed in the execution of a movement phrase.
musicality	The ability to make the unique qualities of the accompaniment evident in performance.

Choreography

motif	A movement phrase encapsulating an idea that is repeated and developed throughout the dance.
motif development	Ways in which a movement phrase can be varied.
repetition	Performing the same action or phrase again.
contrast	Movements or shapes that have nothing in common.
climax	The most significant moment of the dance.
manipulation of number	How the number of dancers in a group is used.
unison	Two or more dancers performing the same movement at the same time.
canon	When the same movements overlap in time.
lead and follow	When one or more dancers manipulate the actions or pathway of the other dancers.
mirroring	Reflecting the movements of another person as if they are a mirror image.
action and reaction	When one dancer moves and the other responds as if they are having a conversation in movement.
accumulation	When a dancer performs a series of movements and others join in at different times until all perform in unison.
formations	Shapes or patterns created in space by dancers.