

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

action content	travel, turn, elevation, gesture, stillness, use of different body parts, floor work, transfer of weight.
dynamic content	fast/slow, sudden /sustained, acceleration/deceleration, strong/light, direct/indirect, flowing/abrupt.
spatial content	pathways, levels, directions, size of movement, patterns, spatial design.
relationship content	lead and follow, mirroring, action and reaction, accumulation, complement and contrast, counterpoint, contact, formations.
rhythmic content	Repeated patterns of sound or movement.
timing content	The use of time or counts when matching movements to sound and/or other dancers.
style	Characteristic way of dancing.

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.
communication of choreographic intent	Successfully communicating the of the aim of the dance; what the choreographer aims to communicate.
sensitivity to other dancers	Awareness of and connection to other dancers.

Elements of Dance

actions	What a dancer does eg travelling, turning, elevation, gesture, stillness, floor-work and the transference of weight.
dynamics	The qualities of movement based upon variations in speed, strength and flow
space	The “where” of movement such as levels, directions, pathways, shapes, designs and patterns.
relationships	The ways in which dancers interact; the connections between dancers.
motif	A movement phrase encapsulating an idea that is repeated and developed throughout the dance.

Choreographic Devices

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.
highlights	Important moments of a dance.
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.

Relationship Devices

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.
complement	Perform actions or shapes that are similar to but not exactly the same as another dancer's.
contrast	Movements or shapes that have nothing in common.
counterpoint	When dancers perform different phrases simultaneously.
contact	The state of physical touching e.g. holding, lifting, weight bearing etc.
formations	Shapes or patterns created in space by dancers.

Constituent features

stimulus/stimuli	Inspiration for an idea or movement.
structure/form	The way in which material is organised to create the whole e.g. binary (AB), ternary (ABC), rondo, narrative etc.
performance environments	Different settings for dance such as in-the-round, proscenium and site sensitive.
aural setting	An audible accompaniment to the dance such as music, words, song and natural sound (or silence).

Features of Production

Costume	Clothing worn by dancers in performance.
Aural setting	An audible accompaniment to the dance such as music, words, song and natural sound (or silence).
Prop/property	A portable object that is used in a dance, for example a suitcase.
Staging/set	The presentation of dance in the performing space including set, furniture, props, projection and backdrop.
Lighting	The illumination of the performance area.

Structure/form

Binary	A composition in two parts or sections.
Ternary	A composition in three parts.
Narrative	Dance that tells a story.
Rondo	A music or dance form with alternating and repeating sections eg verse and chorus.
Episodic	A choreography with several sections, linked by a theme.

Performance environments

Proscenium	The arch or opening that creates the effect of a picture frame and separates the stage from the auditorium.
End-stage	A performance space with the audience on one side; also known as “end-on”.
Site sensitive	Dances that are designed for (or relate to) non-theatre spaces.
n-the-round	A performing area with the audience seated on all sides.
Dance for camera	Where the choreographer collaborates with (or is) the film-maker; where the intention is to produce a dance work in a multi-media form that cannot be achieved in live performance.

Performance skills

Physical skills	Aspects enabling effective performance such as posture, alignment, balance, coordination, control, flexibility, mobility, strength, stamina, extension and isolation.
Expressive skills	Aspects that contribute to performance artistry and that engage the audience, such as focus and musicality.
Technical skills	These include accuracy of action, timing, dynamic, rhythmic and spatial content and the reproduction of movement in a stylistically accurate way.
Mental Skills	These include commitment, concentration, confidence, movement memory, systematic repetition, mental rehearsal, rehearsal discipline, planning of rehearsal, response to feedback and capacity to improve.

Other

Appreciation	Recognition and understanding of the qualities of dance.
Critical appreciation	Evaluation of dance based upon knowledge and understanding, including original insights.
Artistic intention	The aim of a dance; what the choreographer aims to communicate.
Choreographic intention	The aim of the dance; what the choreographer aims to communicate.
Choreographic processes	Activities involved in creating dance such as improvisation, selection and development.
Professional work	Original choreography by an individual or company that is recognised nationally or internationally.
Safe execution	Carrying out actions safely.
Safe working practice	Personal care, respect for others, safe execution and preparation and recovery from dancing.

