



Elements of Dance

Student Name: _____

Fill in the blanks.

The elements of dance are:

1. _____

- fast/_____/slow
- with music/without music

2. _____

- **levels:** low, medium, high
- _____: forward, backward, sideways, diagonal, and turning
- **focus:** straight/curved, open/closed

3. _____

- strong/light
- sharp/_____

4. _____

- shapes
- parts

5. _____

- _____: walk, run, leap, hop, jump, skip, slide, and gallop
- _____: bend, twist, stretch, and swing
- leading/following