

B.E.S.T.(R.)- The Elements of Dance: Word/Descriptors Chart

Body	Body Parts	Body Moves		Body Shapes
	Legs Arms Head Torso Hands Feet Back Fingers/Toes Hips Knees Neck Buttocks Shoulders Wrists Ankles Nose Elbows Mouth	Bending Kneeling Falling Sitting Rolling Covering Hanging Bouncing Traveling Rotating Jumping Turning Pulling Pushing Crouching Reaching Leaning	Suspending Collapsing Spinning Isolating Freezing Tilting Gliding Sliding Flicking Dabbing Shaking Shimmying Waving Rippling Melting Sculpting	Angular Straight Asymmetrical Symmetrical Curved Open Closed Zigzag Circular Triangular Square
Energy	Sharp Smooth Free Bound (tense) Released Focused Restricted Robotic Passive	Percussive Heavy Light Suspended Vibrating Explosive Animated Aggressive Lethargic Flowing	Laban Descriptors of Energy (referred to as Effort Shapes)	
			Float Dab Glide Punch/Thrust Wring Slash Flick Press	
Space	Formations	Levels	Pathways/Directions	
	Triangle Asymmetrical Symmetrical Contained Lines (horizontal, vertical, diagonal) Circular V-shape Square Facing different directions	High Middle Low	Backwards Forwards Up Down Straight In a circle Zig zag Diagonal Meandering	
Time	Accented Percussive On beat Off-beat	Rhythmic Repetition Stillness Synchronized (in unison) Canon (one after the other)	Slow / Fast Quick / Sustained	
	Relationships			
Disconnected Connected Close Far Clump Random Call / Response (dance-dialogue) Unison With a prop				