**Elements of my Dance**

Complete this worksheet about your choreography project. Fill out first with initial ideas and then change along the way so that this form matches your dance when you perform. Use each of the blanks to identify the Laban Movement Analysis categories: Body, Effort, Space, and Shape.

**Body- What parts move?**

Movement Motif #1 : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Movement Motif #2 : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Effort - What dynamics/feelings are present?**  **Energies/Effort Qualities**

Energy #1 :\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Limp Heavy Strong Light

Energy #2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Direct Indirect Sustained

Energy #3 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Bound Free Sudden

**Space - Where does movement go?**

Spatial Formation #1:

Spatial Formation #2:

Spatial Pathway:

Spatial Relationship between dancers:

**Shape - How do we relate to movement?**

Movement is common/present in your dance?

Shaping: Rise or Sink Spreading or Enclosing Advancing or Retreating

Directional: Upward or Downward Sideward Forward or Backward

Mode of Shape: Lengthen or Shorten Widen or Shorten Bulge or Hollow

**Time: When does movement happen?**

Unison Non Unison Canon Repetition

**Accompaniment (options to consider):**

Will your work feature a live speaker? Yes No

Will your work have poem or spoken words spoken first, during or after? Yes No

Will you have musical or sound accompaniment? Yes No

Will you repeat any of the words, sounds, or music? Yes No

Will you have any silence? Yes No

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