

ELEMENTS OF DANCE

TECHNIQUE

Technique is a set of rules or standard for a method of training.
It is the manner in which technical details are treated or used in accomplishing a desired result.
For a dancer, the technical line is where balance and full extension is found.

ARTISTRY

Artistry is the finesse of the dancer. Artistry adds color to a black and white palette, black and white to a color palette, light to darkness, shadows to light, and angles and lines beyond space. Artistry is found in the lines of a dancer created by inclinations, length and angles. Artistry is expressed through the eyes, by the use of joints, legato and staccato motions as well as dynamics.

PHYSICALITY

Physicality is the stamina and strength of a dancer. It is the blend of the "white meat" and the "dark meat" of the muscle.
This refers to endurance strength and the quick burst of energy needed for virtuosity. Physicality is developed through endurance and stamina classes as well as time and experience. The advanced dancer learns to use a blend of artistry and physicality for the professional performance.

MUSICALITY

Musicality includes rhythm, dynamics, shaping of a phrase, and style. The dancer's musical understanding expands the depth of his/her performance. Musicality begins with simple counting but advances to texture, mood, and interpretation. The study of musical and dance eras and styles are parallel.

SPACE

Space for a dancer begins from the floor and expands above and beyond as far as the imagination will carry you. Choreography is set to cover space whether the dancer is a soloist or a corps de ballet member. Motion through air can appear to float, drift, flow, and cut to name only a few ways.
Space is only limited by the imagination. The use of space is an adjudication point of choreography as well as performance.

INTERPRETATION & CHARACTER

Interpretation and Character develop the dancer as an artist and performer. Acting and pantomime are used for character development while the way the body moves, angles, and facial expression reveal interpretation. The elements of air, water, earth and fire are woven into artistic characters of dance just as in the theatre or on the artists palette. Character also may refer to nationality and ethnic style.

PRESENTATION

The way that a dancer presents art and himself/herself to the audience is called presentation. The presentation must compliment the mood, character and interpretation of the choreography. The presentation must also be in "style" with the work and era. (See: Discipline of the Arts - The twelve disciplines of the arts are a progression of development which result in confidence and poise on the stage. Confidence is not a discipline but rather the result of the twelve disciplines.) Presentation also includes the costuming, make-up, lighting and scenery or staging of a work of art.

SEVEN PRINCIPLES OF THE ART OF DANCE