

Dance Daze® At Home Challenge #6: Elements of Dance



1: What are the elements of dance?

The elements of dance are tools we can use to talk about dance and to make dance. In other words, the elements of dance are the foundational terms and concepts that help dancers and dance educators understand, create, observe, and discuss movement.

2: Why are the elements of dance important?

The elements of dance are important because they give people who are studying dance a starting point. These ideas, or elements, can be a beginning framework for dancers, dance educators, and dance researchers who want to talk about dance. Whether we are performing dance, creating dance, training dancers, or trying to understand the experience of dancing, these elements can help us. Although the arts of dance making, dance performance, and dance education change over time, these elements will always remain part of the foundation of how we think about and understand dance.

3: How can we use the elements of dance?

We can use the elements of dance as a beginning point when we want to discuss, make, understand, or analyze the art and science of dance.