Concepts of Choreography

**Space** – is the area in which we move our bodies. We can use space in the following ways:
- **Personal** - we each move our own body in the area immediately surrounding us
- **General** - in the area around us
- **Movements** - Large movements that use a lot of space (eg leap)
  - Small movements using limited space (eg head)
- How you connect with others in your group

**Time** – is the pace or speed that the movement occurs.
- Slow movements display good control and technique
- Staying in time with the music
- Staying in time with the people in your group
- Starting on the beginning of the phrase
- Using fast, sudden, slow, sustained
- Must reflect the mood and the rhythm of the music

**Level** – is the ability to use the different levels or heights
- Jumps and leaps display the higher levels
- Walking or general traveling use the middle level
- Rolls or ground work display the lower levels

**Travel** – is moving in different ways. Think about how you are going to move from skill to skill. The movement patterns are:
- Forwards
- Backwards
- Sidewards
- Diagonal
- Circular
- How you move - the skills

**Flow** – is making the movements flow smoothly from one skill to the next.
- Transitions
- Shape
- Movement

**Force** – is the degree of energy that is needed to perform.
- Small static movements require little force
- High force or energy on faster movements
- Walking transitions require little energy
- Transitions from down to up or vice versa require a lot of energy