**Helpful Vocabulary Relating to the Element of Dance “Energy”**

**1. Counterbalance** A weight that balances another weight. In dance it usually refers to one or more dancers combining their weight in stillness or in motion to achieve a movement or design that is interdependent. Any limit moving in one direction must be given a counterweight.

**2. Dance phrase** A partial dance idea composed of a series of connecting movements and similar to a sentence in the written form.

**3. Dynamics** Energy of movement expressed in varying intensities, accent, and quality.

**4. Energy** An element of dance characterized by the release of potential energy into kinetic energy. It utilizes body weight, reveals the effects of gravity on the body, is projected into space, and affects emotional and spatial relationships and intentions. The most recognized qualities of energy are sustained, percussive, suspended, swinging, and collapsing.

**5. Improvisation** Movement created spontaneously, which ranges from freeform to highly structured environments, always including an element of chance.

**6. Kinesthetics** Physics principles that govern motion, flow, and weight in time and space, including, for example, the law of gravity, balance, and centrifugal force.

**7. Projection** A confident presentation of one’s body and energy to communicate movement and meaning clearly to an audience.

*For your journal response today:*

Write a short paragraph describing a typical dance class using each of these words (please underline them so I can find them easily). Also, make sure they make sense in their sentences.