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| --- | --- |
| Student Name:      Name of Dance:       |  |

|  |
| --- |
| Mark how you think each kind of energy mostly happens in this dance. EXAMPLE: Sharp ✖ Smooth |

**Attack**

How does the dancer begin a movement?

Sharp Smooth

Sudden Sustained

**Tension**

What’s the muscle tone like?

How much are the muscles engaged and working?

Tight Loose

**Force**

How much effort is used?

Strong Gentlex

**Weight**

How does the dancer work with gravity?

Is the dancer grounded and connected to the earth – or floating and lifting away?

Heavyxxxxxxx Lightxx

**Flow**

How does the dancer connect the movements?

Is it tight & contained—or freely moving?

Bound Freexcc

 (Constrained)

**What are some other words that describe the energy in this dance? Write them here:**