

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 ←————→ Gentle

**WEIGHT**

How does the dancer work with gravity?

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

Heavy ←————→ Light

**FLOW**

How does the dancer connect the movements?

Is it tight & contained—or freely moving?

Bound (Constrained) ←————→ Free

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