

Some ways to consider movement/movement quality:

Tension	Relaxation
Rising	Sinking
Opening	Closing
Advancing	Retreating
Stillness	Perpetual Motion
Giving (Gravity)	Resisting (Gravity)
Timing	
Rhythm, complex rhythm, complex rhythmic isolations	
Coordination	
Weight Shift	
Directionality: Up/down/forward/backward/sideward	

Strong/Bound/Sustained/Direct movement qualities (Laban)

Free/light/sudden/indirect movement qualities (Laban)

Doris Humphrey's ordering of body positions from most powerful to least:

1. Facing forward
2. Facing diagonal
3. Side to Side
4. Around

Shapes in space: lines, circles, diagonals, squares

Solo/duet/trio/quartet, etc., -- How does the amount of bodies on the stage affect the perception of the dance?

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