

MODERN DANCE TERMINOLOGY

Spinal Movement

contralateral (opposition): cross patterning or twisting action that underlies oppositional use of arms and legs; for example, create an “X” by pulling the right elbow across the mid-line of the body while lifting the left knee

dynamic alignment: core postural tone (strength) and connectivity of major muscles of the torso, hips, and shoulders; the ability to efficiently organize the body in relationship to dancing

head-tail: an energetic relationship between the head and the tailbone (coccyx)

heel-sitz bones: the energetic relationship between the heel and the bottom of the pelvis (ischial tuberosity)

homolateral: asymmetrical movement of one upper limb and the lower limb on the same side; correlates to the movement of reptiles

homologous: (transverse plane)
symmetrical movement of two upper and/or two lower limbs simultaneously; for example, lift both arms at the same time; distinction between upper and lower body halves

sitz bones: also called the ischial tuberosity; these are the bones that make contact with the ground while sitting

spinal movement: head to tail movement; correlates to the movement of a star fish

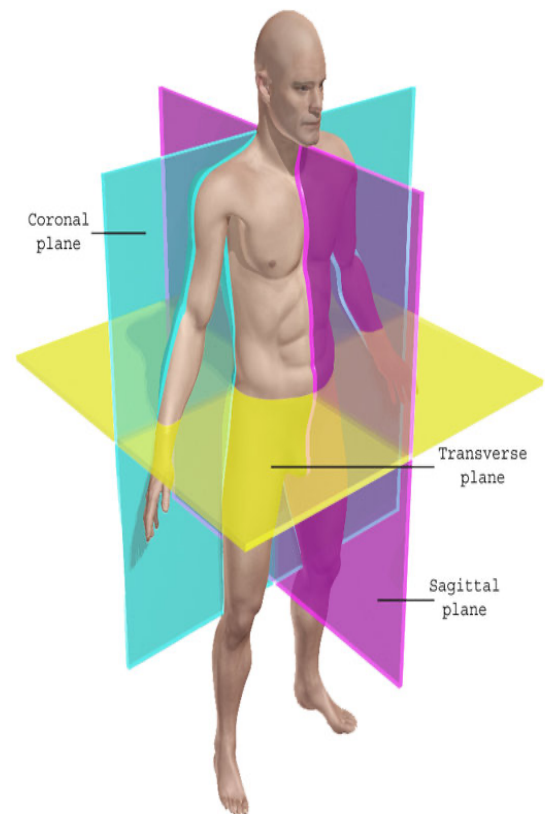


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Types of Body Part Initiation

breath: impetus for movement; continuous cycle of inhaling/exhaling similar to the rhythm in the ebb and flow of the ocean

core-distal: energetic relationship between the center and the limbs

core (proximal) initiation: movement initiated by body parts situated next to or nearest to the point of attachment to the body

crease: deep folding at the hip joint

distal initiation: movement initiated by body parts situated furthest away from the point of attachment on the body

initiation: the body part or location from where movement begins; movement can be centrally (core) or peripherally (distal) initiated

intention: choices concerning weight, flow, space, time, and purpose for the performer that give distinction to the movement

proximal: closest to the center

rotation: movement around an axis on the transverse plane; lateral rotation at the hip is known as turn-out

sinking: releasing the body into the floor with flexion from the joints

spiraling: a twisting action of the spine and joints

stability/mobility: stabilizing a joint in order to create efficient movement; for example, performing a grand battement without lifting the hip

Transfer of Weight

inversion: moving the body upside down in space while weight bearing with arms, hands, shoulders, or head

lateral shifts: the transfer of weight from side to side

locomotor: knowledge of both weight transfer and rhythmical patterning

under curve: the shifting of weight from one leg to the other while yielding or dropping the weight lower in the center of the curve; think temps lié

over curve: the shifting of weight from one leg to the other while lifting the body weight up at the top of the curve through space; think glissade

Developmental Movement Patterns: from an introduction to "Body-Mind Centering" by Bonnie Bainbridge Cohen