

Technical Skills: The ability to control what the body does

Action content	Travel, turn, elevation, gesture, stillness, use of different body parts, floor work, transfer of weight
Dynamic content	Fast/slow, sudden/ sustained, acceleration/deceleration, strong/light, direct/indirect, flowing/abrupt
Spatial content	Pathways, levels, directions, size of movement, patterns, spatial design
Relationship content (for duet/trio performance only)	Lead and follow, mirroring, action and reaction, accumulation, complement and contrast, counterpoint, contact, formations
Timing content	The use of time or counts when matching movements to sound and/or other dancers
Rhythmic content	Repeated patterns of sound or movement
Movement in a stylistically accurate way	Giving the dance a clear identity through the correct posture, movements and use of energy

Expressive skills – Aspects that contribute to performance artistry and that engage the audience.

Projection	The energy the dancer uses to connect with and draw in the audience
Focus	Use of the eyes to enhance performance or interpretative qualities
Spatial awareness	Consciousness of the surrounding space and its effective use
Facial expression	Use of the face to show mood, feeling or character
Phrasing	The way in which the energy is distributed in the execution of a movement phrase
Musicality	The ability make the unique qualities of the accompaniment evident in performance
Sensitivity to other dancers	Awareness of and connection to other dancers

Mental Skills – Rehearsal process and discipline, responding to feedback and capacity to improve

There are two types of mental skills; during the final performance and when you are practicing in the studio. You need to know both!

During the performance

Movement Memory

Commitment

Concentration

Confidence

During rehearsal's

Mental Rehearsal

Systematic Repetition

Planning of rehearsal

Rehearsal discipline

Responding to feedback

Capacity to improve

Physical skills – aspects enabling effective performance

Posture	The way the body is held
Coordination	The efficient combination of body parts
Mobility	The range of movement in a joint; the ability to move fluently from action to action
Extension	Lengthening one or more muscles or limbs
Alignment	Correct placement of body parts in relation to each other
Control	The ability to start and stop movement, change direction and hold a shape efficiently
Strength	Muscle power
Isolation	An independent movement of part of the body
Balance	A steady or held position achieved by an even distribution of weight
Flexibility	The range of movement in the joints (involving muscles, tendons and ligaments)
Stamina	Endurance – both muscular and cardio-respiratory