

Elements of movement Time	Clear variation between speeds in execution of movement: Stillness-Very fast Rhythm: Unequal to match beat Heavily accented movement Strong, percussive accent in Movement i.e. torso isolations and shoulder rolls across to stage left after phrase one. Duration Sustained in beginning, particularly with regards to sustained retiree positions Quicker time as movement develops in use of arm and leg extensions Tempo Quick isolations Stillness in poses "Power pose", crouching on floor, arms flexed. Reflective of masculine thesis in movement.	Quick running Quick arms and torso bounces Tempo of movement: Very quick overall Examples: Travelling barrel turns on floor, Fouette turns. Contrasted with stillness, several held poses Rhythm Uneven, no set time signature, percussive use of the body creates its own rhythm, reflective of the music.	Quick turns from corner Jete turns into feet tuck jump to DS left Stillness, held poses into arm extensions Short duration for steps, but explosive quality Longer duration Kicks from crouch position moving downstage front into held position Stillness for "Trapped" poses when red lights flashing and siren blaring	Quick time in turns seconde Fast turn preparation into retiree jump Still pose at end
SPACE	First section Contrast in spatial dimension: Small isolations/head rolls, varied with large leg and arm extensions Levels High with arms up, some torso drops to low Aerial pathways Double turn in air, finishing on one knee Jump in seconde to front Refer to notes on male ballet solo, particularly Don Quixote Pathways Locomotor movement to corner to end section: Low level in sliding across up stage area. Axial movement: Repetition of attitude pose into lunge x 3	Second section High levels. Aerial pathways. Low: Floor slides and isolations Shape Linear with torso, showing elements of classical technique Dimension Larger than previous section, use of floor pathways, jumping, running, sliding. Use of arms when doing sustained turns in retiree position. Large dimension of space in every sense, movement and use of stage area	Third section Levels High for jumps and when arms extended up Low for kneeling on floor, several examples after jumps Dimension Large arms and leg extensions Aerial work and turns combined Locomotor Turns and jumps traveling across stage, kick and lunge combination	Fourth section Large dimension Turns a la seconde Extended and raised arms Leg Extensions Aerial work, Pas de Basque