

DanceQuest — Concept Poster

Print this and pin it up — an at-a-glance map of the DanceQuest cast and the ideas each one carries. Come back to it whenever you want to remember who teaches what.

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Meet the cast — and what each one teaches

Character	What they carry
Pose	Body-awareness + position — listening to your own shape
Trail	Space + pathways — the floor-pattern shapes you draw moving through space
Phrase	Time + tempo — how movement is organized in musical counts
Lift	Energy + effort + dynamics — quality of movement, not aesthetic judgment
Glide	Locomotion — the craft of going from here to there with whole attention
Flock	Formation — how a group of dancers arranges itself in space (lines, circles, clusters, wedges) and how that shape flows and changes; the group as one moving picture
Storey	Level — dancing in the vertical space: low on the floor, mid at standing, high in reaches and jumps; every height belongs to dance, no height better than another
Beckon	Call-and-response — one dancer or group makes a movement and another answers it; a movement conversation built on truly listening before you reply
Canon	Unison and canon — unison is everyone moving together as one; canon is the same move staggered one after another, rolling across the group like a wave
Bide	Stillness and the hold — the held, alive, motionless moment inside a dance; negative space made of time; a strong chosen pause, not tiredness or absence
The Company	The whole group dancing as one — how formation, level, call-and-response, unison and canon, and stillness weave together so a group of dancers moves as a single living thing

Key ideas at a glance

The big concepts this cast helps you master:

- Dance Elements & Body Awareness
 - Dance Genres & Cultural Traditions
 - Rhythm, Musicality & Movement Dynamics
 - Choreographic Structures & Composition
 - Performance Skills & Stage Presence
 - Dance Analysis & Critical Response
 - Dance History & Cultural Connections
 - Creative Expression & Choreography Capstone
 - Dance & Movement
 - Movement Types
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