

LABAN MOVEMENT ANALYSIS (LMA)

BODY

WHAT

Actions

Traveling
Stillness
Turning
Jumping
Twisting
Swinging
Shaking

Body Shaping

Contracting/Expanding
Rising/Sinking
Narrowing/Widening
Advancing/Retreating

Parts

Used
Leading
Gesturing
Emphasized
Touching

Shapes

Round (ball)
Wide (wall)
Narrow (arrow)
Twisted (pretzel)
Symmetrical
Asymmetrical

Regions

Upper/Lower
Right/Left
Front/Back

Bases

Standing/Sitting
Kneeling/Lying

Flow

Simultaneous
Sequential

DYNAMICS

HOW

Motion Quality

Factor

Weight Strong
 Light
Time Sudden
 Sustained
Space Direct
 Indirect
Flow Bound
 Free

Actions

Punch
Press
Flick
Float
Slash
Glide
Wring
Dab

Descriptive Words

Big
Bold
Bubbling
Carefree
Confident
Droopy
Excited
Fierce
Heavy
Light
Sharp
Soft
Spikey
Strong
Tiny

SPACE

WHERE

General Space

Everywhere

Personal Space

Located

Extensions

Far
Near

Levels

High
Middle
Low

Directions

High/Low
Forward/Backward
Right/Left
Diagonal

Floor & Air Patterns

Straight
Angular
Circular
Curvy

Space Words

Over
Under
Around
Near
Far
Through
Behind
Beside
In Front
Toward
Away

Focus

RELATIONSHIP

WITH WHOM

Situations

Unison
Solo Duet Trio Group
Leading Following
Shadowing Mirroring
Copying Matching
Action/Response
Echoing

Spatial Relationships

Meeting Parting
Linking Connecting

Spatial Formations

Line (spoke, cross, square)
Circle Scattered
Solid (wedge, block)

Time Relationships

Metrical/Non-Metrical
Beat Tempo Accent
Rhythm Pattern

Body Relationships

Body Parts to Each Other
Individuals to Each Other
Groups to Each Other

Other

Music
Props Costumes
Curriculum
Environment Audience

Choreographic

Structures

Theme & Variation - AB
Sandwich - ABA
Rondo - ABACADA
Accumulation - AABABC
Call & Response
Canon Chance
Site Specific