Contemporary Dance
It incorporates elements from many styles of dance. In terms of the focus of its technique, contemporary dance tends to utilize both the strong and controlled legwork of ballet and modern dance's stress on the torso, and also employs contract-release, floor work, fall and recovery, and improvisation characteristic of modern dance. Unpredictable changes in rhythm, speed, and direction are often used, as well. It sometimes also incorporates elements of non-western dance cultures such as elements from African dance including bent knees, or movements from the Japanese contemporary dance Butoh.