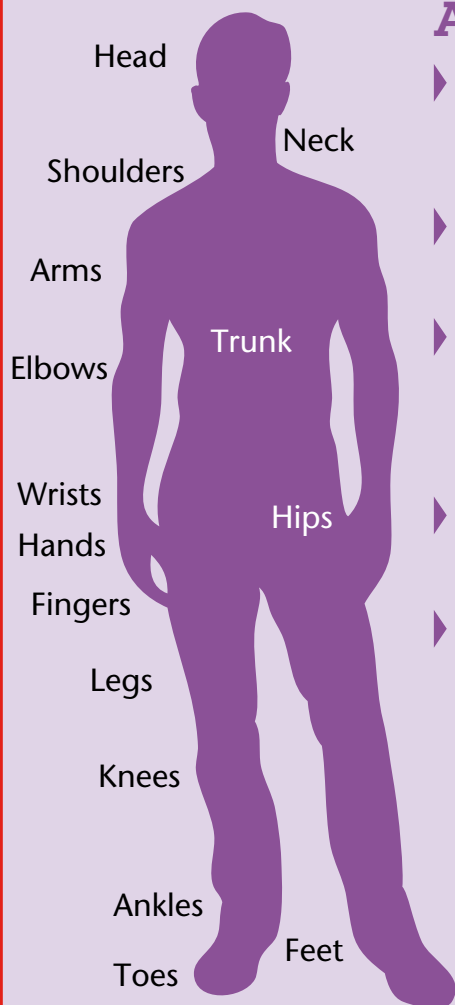


By exploring and experimenting the **WHAT** (ACTIONS), **HOW** (DYNAMICS) and with **WHICH** body parts, an infinite vocabulary of movement ideas can be developed to create motifs, movement phrases and dances.

WHICH body parts and WHAT can they do?



ACTIONS

- ▶ **TRAVELLING**
walk, run, jog, roll, slide, crawl, meander, creep, float, wobble, dart, swerve, drag, stagger, limp, skip, gallop, stomp, stamp, hobble, plod, waddle.
- ▶ **TURN**
Swirl, swerve, spin, rotate, twirl, spiral, revolve, coil, twist, wind, pivot, coil.
- ▶ **GESTURE** (no weight transference)
shrug, nod, point, wave, dab, tap, quiver, flick, curve, pierce, jerk, push, pull, press, clap wiggle, slice, drop, yawn, flap, stretch, twist, clench, bow, signal, salute, shake, flick, tilt.
- ▶ **STILLNESS** (links well with body shape)
Pose, pause, brake, interrupt, suspend, hold, freeze, settle, balance, hesitate, hover, slowing.
- ▶ **JUMPING**
Teach five types of depending on the feet leave the ground and land, 1-1 same to same foot, 1-1, one to the other foot, 2-2 both feet to both feet, 2-1 both feet to one foot, 1-2 one foot to both feet.

Practise safe take off and landing before exploring additional complexities such as shape and directional change.

Hop, bounce, pounce, leap, bob, bound, spring, bubbling, gallop, skip.

HOW can the movements be performed?

DYNAMICS

- ▶ **SPEED** (time)
 - fast, slow
 - gradually increase speed
 - gradually decrease speed
 - varying speeds
 - hurried, rushed
 - leisurely,
 - urgent
- ▶ **WEIGHT** (energy)
 - strong/powerful
 - light/gentle/delicate
 - wild and free
 - controlled and steady
 - tense
 - heavy
 - relaxed
- ▶ **Flow** (continuity)
 - jerky, stoppable, free-flowing
 - rhythmical, sharp, sudden

Combinations of dynamics when performing an action/s

For example, a simple walking action would look and feel very different when performed:

- slow and strong,
- fast and strong,
- slow and light