Action: movement

Walking Running Hopping

Jumping Shaking Wobbling

Spinning

Curling

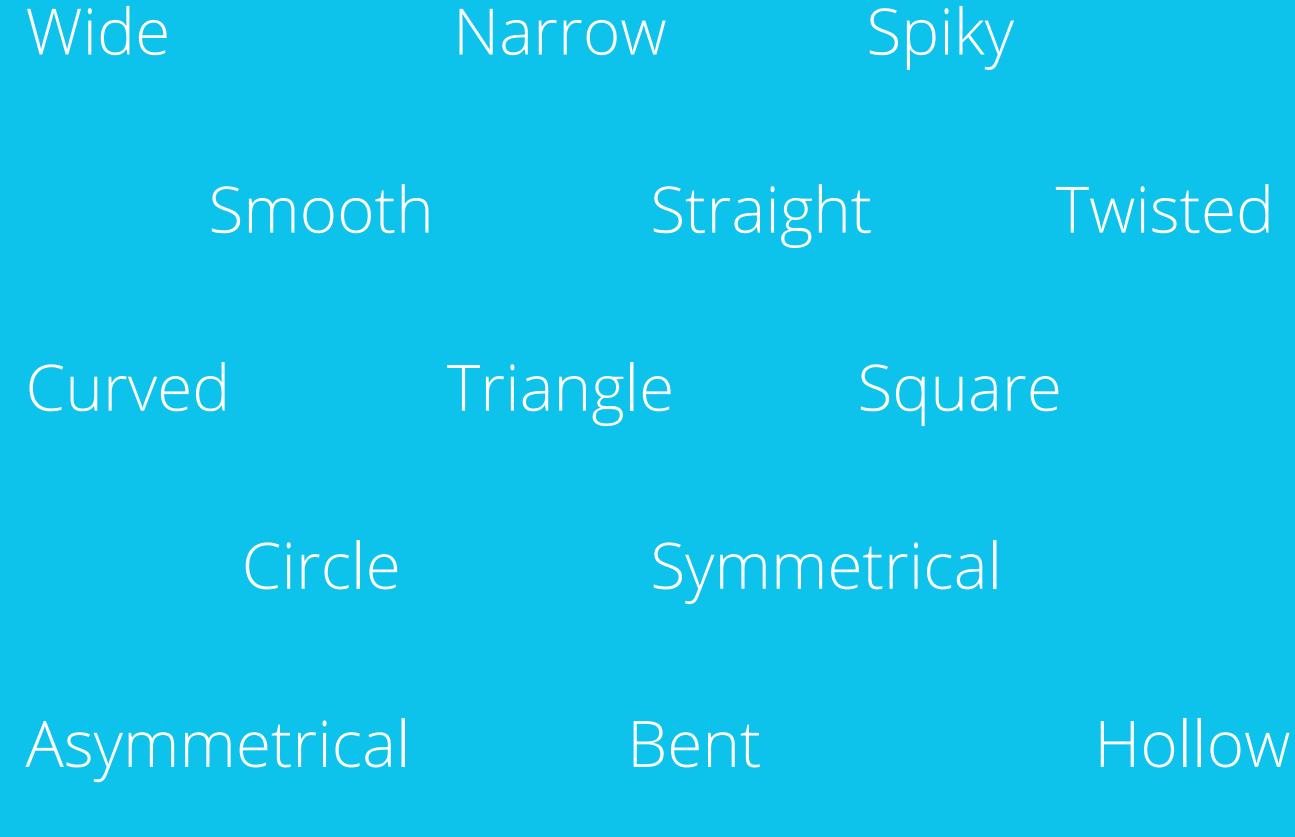
Skipping

Shuffling Stamping Tiptoeing Marching Crawling Rolling Falling Creeping Leaping Floating Swinging Lunging Swaying Leaning Sliding Twisting Turning

Action: shape

Curled Small Large

> Tall Stretched Flat



Action: body part

Toes Feet Ankle

Knee Leg Hip

Bottom

Tummy

Chest



Space

Levels Low Medium High

Directions Forwards Backwards Sideways

Facings

Front

Back

Left

RightDiagonalCompass PointsNorthSouthEastWestPathwaysStraightCurvedZigzag
WigglyCircleSquare

On the spot or everywhere

Entrances and Exits

Dynamics

Sharp Strong Big Light

Floaty Weak Heavy Gliding

Staccato Rigid Tense Jerk

Smooth Continuous Energetic Hard Tremble Floppy Explode Crumble Crash Elegant Gentle Hang Sink Shatter Release Wobble Pulse Wiggle Flutter Twitch Sudden Flash Soft Jagged

Dynamics

Emotions

Angry Sad Jealousy Happy

Excited Depressed Confused Fear

Surprised Disgust Anxious Lonely Time Slow Accelerate Decelerate Fast Still Pause Rhythms (eg. 3/4 & 4/4) Off-beat On beat Varied Natural Rhythms Sustained Staccato

Relationships

Under Over Around owards Away Pull Push

Balance Support Lift

Counter Balance



Unison Canon Action / Response

Opposition Mirror Resistance

Giving weight

Formations

Duets Trios Quartets