

Dance

Body

Upper Body

Lower Body

Whole Body

Head

Neck

Shoulder

Arm

Elbow

Wrist

Hand

Torso

Back

Waist

Tail

Hip

Knee

Leg

Ankle

Foot

Ear

Nose

Muscles

Toe

Right Body Half

Left Body Half

Bones

Skin

Motion

Locomotor

Walk

Run

Scoot

Hop

Gallop

Skip

Slide

Roll

Jump

Skitter

Cartwheel

Summersault

Axial

Stretch

Bend

Crawl

Sink

Push

Pull

Bounce

Twist

Slash

Kick

Freeze

Carve

Collapse

Spoke

Shake

Swing

Turn

Spin

Jab

Sway

Clap

Squeeze

Swipe

Slice

Energy

Degrees of Energy

Strong

Weak

Heavy

Light

Bound

Free

Active

Passive

Qualities

Smooth

Loose

Sustained

Weightless

Sharp

Suspend

Timid

Shudder

Lazy

Vibrate

Airy

Percussive

Explode

Swing

Energy Words

Prickly

Tired

Proud

Angry

Excited

Sluggish

Droopy

Floppy

Rough

Space

Shape

Straight

Bent

Angular

Crooked

Twisted

Curved

Symmetrical

Asymmetrical

Directions and Relationship

Up

Down

Side

Backward

Out

Forward

In

Diagonal

Toward

Around

Over

Under

Below

Above

Through

Away

Beside

Behind

In Front

Level

High

Medium

Size

Huge

Tiny

Narrow

Wide

Low

Pathways

Straight

Curved

Zigzag

Focus

Direct

Indirect

Time

Steady Beat

Even Rhythm

Uneven Rhythm

Breath Rhythm

Accent

Fast Speed

Medium Speed

Breath Rhythm

Accelerating

Decelerating

Syncopation

$\frac{3}{4}$ Time

4/4 Time

6/8 Time

Perform to:

Beat of a Drum

Silence

Musical
Instrument

Speaking

Singing