

The 6 Principles of Dance

Travel



Movement ideas:

- Forwards
- Backwards
- Sideways
- Quickly
- Slowly
- Freely

Try with:

- Turn
- Jump
- Levels
- Gesture

Turn



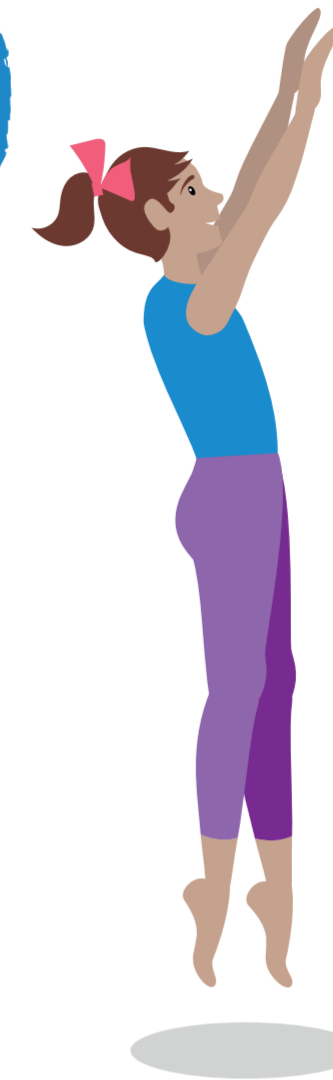
Movement ideas:

- Spin
- Change direction
- Pivot
- Twirl
- Pirouette

Try with:

- Travel
- Jump
- Levels
- Gesture
- Different speeds

Jump



Movement ideas:

- Bounce
- Hop
- Explode
- Leap
- Spring

Try with:

- Travel
- Turn
- Levels
- Gesture
- Different speeds

Stillness



Movement ideas:

- Balance
- Hold
- Freeze
- Pose
- Photograph
- Statue

Try with:

- Levels
- Gesture

Levels



Movement ideas:

- High
- Low
- Stretched
- Crouched

Try with:

- Travel
- Turn
- Jump
- Stillness
- Gesture

Gesture



Key words:

- Story
- Theme
- Style
- Feelings
- Emotion
- Actions

Try with:

- Travel
- Turn
- Jump
- Stillness
- Levels