

5 Dance Actions:

# JUMPING

Jumping in dance is a movement where the dancer propels themselves off the ground to add dynamic and energetic elements to a dance routine. Jumps can be used in hundreds of different ways by jumping from one foot or two feet and by adding or changing different elements such as leg actions, arm actions, twists and turns.

How many different and creative jumps can you come up with?



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Scan &  
watch



5 Dance Actions:

# GESTURES

Gestures in dance is the use of body movements to express emotions, ideas, or messages. It adds depth and meaning to a performance, allowing the audience to connect with the dancer's movements on a deeper level. Gestures can range from subtle hand movements to large, sweeping gestures that use the entire body.

What emotions can you express with your body movements?



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5 Dance Actions:

# TURNING

Turning in dance is a movement where the dancer rotates their body on one foot. It requires balance, control, and coordination to execute multiple turns in a fluid and graceful way. Turning is a common and essential element in many dance styles, adding dynamic and visual interest to a performance.

Can you turn with control?

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5 Dance Actions:

# STILLNESS

Stillness in dance is a beautiful and essential element. It is a powerful tool that allows for a moment of pause and reflection and can create drama, highlight emotions, and add depth to a performance. Stillness requires balance, control and precision, and can be just as impactful as movement.

Can you create an interesting balance?



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5 Dance Actions:

# TRAVEL

Travel in dance involves moving across the performance space while dancing. It can include steps such as walking, running, leaping, spinning, and gliding, and is often used to create a sense of movement in a dance. It can also be used to transition between different dance movements or to tell a story through movement.

How many ways can you find to travel?



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Scan &  
watch

