



# Dynamics: Strong and Powerful Actions



## The 5 Dance Actions



Travel



Gestures



Turning



Jumping



Stillness

## Dance Action

## How I will make the action strong and powerful

1•2•3•4 + 5•6•7•8 + 1•2•3•4 + 5•6•7•8

1•2•3•4 + 5•6•7•8 + 1•2•3•4 + 5•6•7•8

## Dance Action

## How I will make the action strong and powerful



# Relationships: Call and Response



The 5 Dance Actions



Travel



Gestures



Turning



Jumping



Stillness

Call

Response

Call

Response

1•2•3•4	+	5•6•7•8	+	1•2•3•4	+	5•6•7•8
1•2•3•4	+	5•6•7•8	+	1•2•3•4	+	5•6•7•8