

Examples Of Dance Actions

TRAVEL



- Run
- Skip
- Gallop
- Hop
- Crawl
- March

STILLNESS



- Stand still
- Sit still
- Kneel
- Lean against a partner
- Freeze frame shape
- Create your own pair freeze frame shape

STEP



- Forwards
- Backwards
- With clap
- To side
- Cross step to the side
- And point
- And kick
- And slide
- Hopscotch

JUMP



- Long shape
- Star shape
- Twisted shape
- Tuck shape
- Jump and turn (quarter, half and full)
- Leap

GESTURE



- Head nod
- Shoulder shrug/roll
- Fingers shake
- Hand clap
- Bottom wiggle
- Foot Tap

TURN



- On feet
 - spin
 - step and turn
 - with jump
- On bottom
- On knees
- On hands and feet
- Turn to change direction – half/quarter
- Roll (sideways, forward, shoulder, log, etc)