



ACTION

SPACE

DYNAMICS

RELATIONSHIPS

Falling

Dive
Drop
Lunge
Pitch

Stillness

Kneel
Balance
Suspend
Crouch
Freeze
Pause

Turning

Spin
Pivot
Whirl
Twist
Twirl
Spiral

ACTION - WHAT?

Elevation

Leap
Spring
Bounce
Jump
Hop
Star jump
Barrel jump

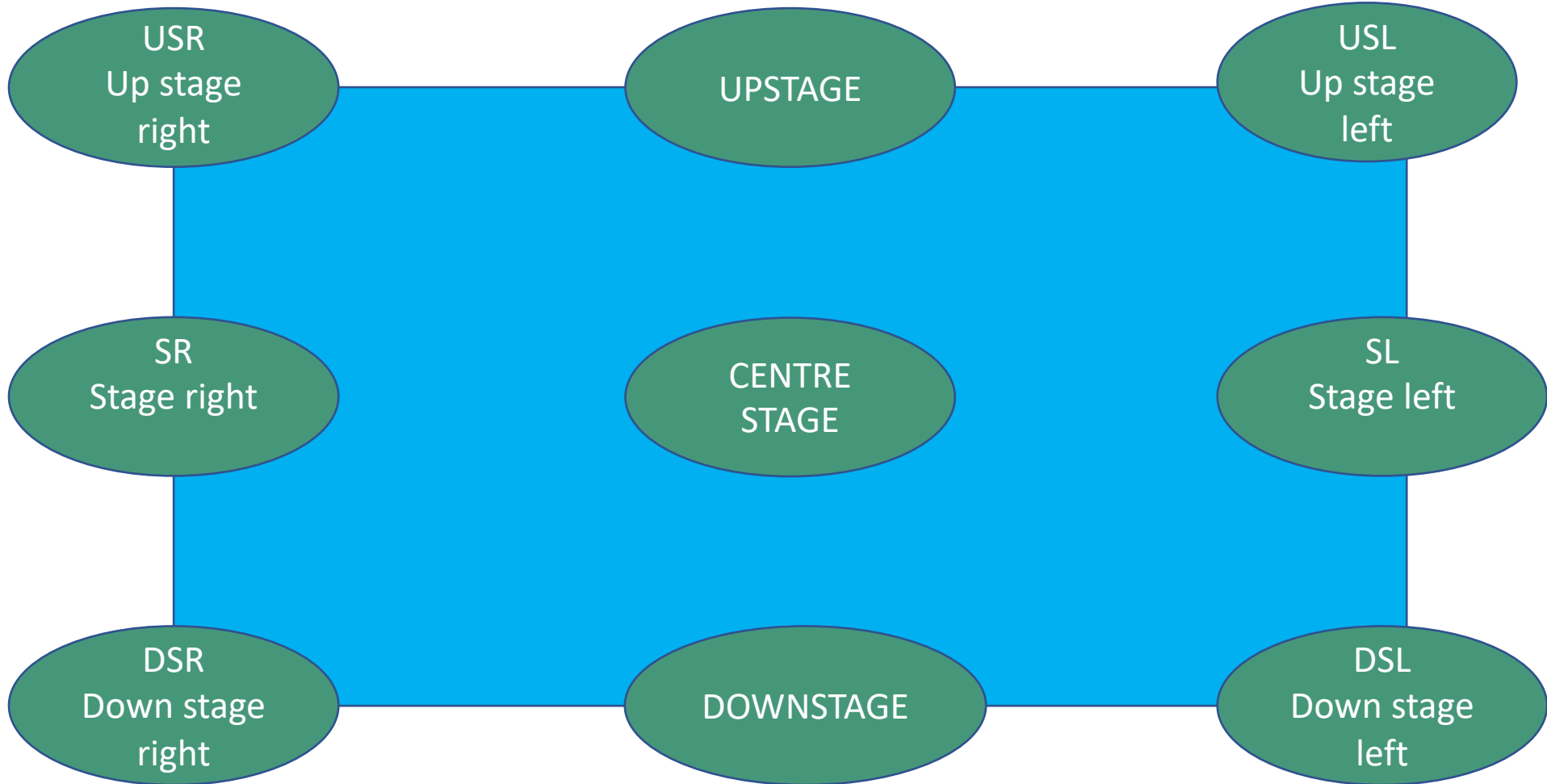
Gesture

Wave
Point
Tap
Click
Ripple
Reach
Kick
Stretch

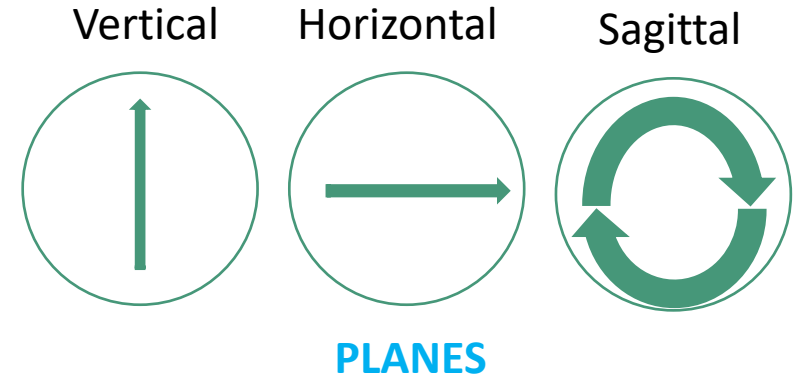
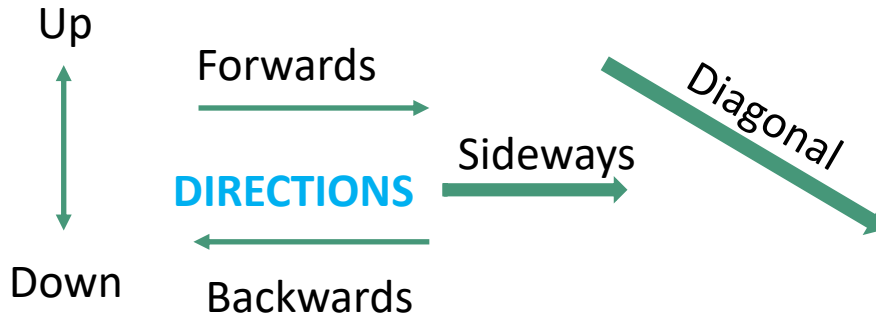
Travelling

Slide
Crawl
Roll
Tiptoe
Walk
Skip
Gallop
March

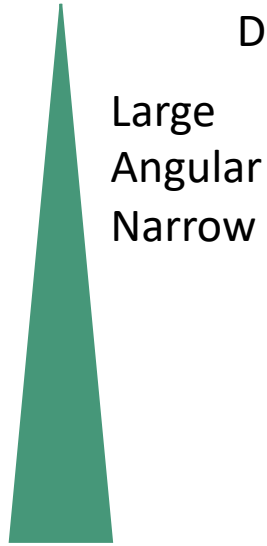
SPACE – WHERE?



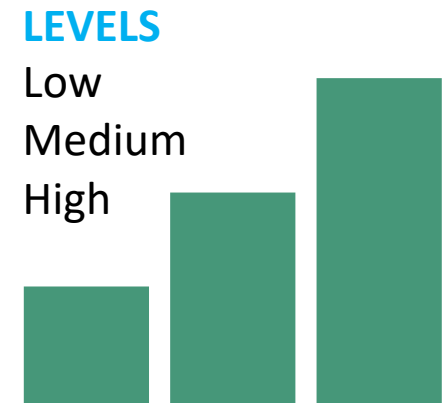
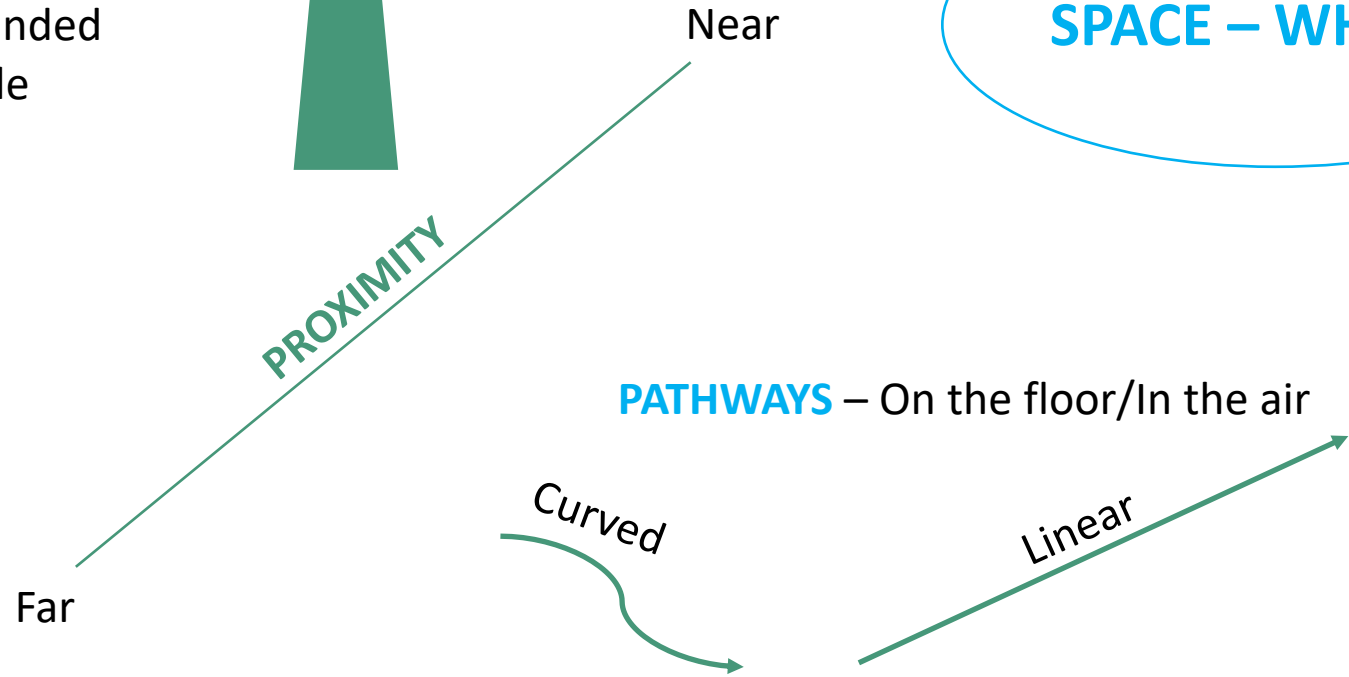
AUDIENCE



Small
Rounded
Wide



SPACE – WHERE?





Weight
Heavy
Light
Soft
Strong
Sluggish
Graceful
Sharp
Explosive
Floppy
Jerky

Flow
Controlled
Continuous flow
Mechanical
Aggressive
Jagged
Wavy
Indecisive

**DYNAMICS -
HOW?**

Time
Fast
Slow
Sporadic
Pulsing
Sudden
Staccato
Sustained

Space
direct
indirect
free
bound



RELATIONSHIPS - WITH WHO/WHAT?

FORMATIONS

In front, behind
Side by side
Opposite
Against
Towards, away
Any shape

CONTACT WORK

Lifting
Supporting
Counter balance
Counter tension
Push and pull
Fall and catch

IMPROVISATION

Lead and follow
Meet and part
Mirroring
Echoing
Act and react
Contrast
Over, under, round,
through

WITH WHAT?

Site e.g. outdoors,
buildings
Props

WITH WHO?

Duet
Trio
Solo
Canon
Unison
Accumulation