

Unit 1: Chart 1 Basic Body Actions

TRAVEL	ELEVATION	STILLNESS
<i>Run</i>	<i>Leap</i>	<i>Freeze</i>
<i>Gallop</i>	<i>Bounce</i>	<i>Pause</i>
<i>Dart</i>	<i>Spring</i>	<i>Balance</i>
<i>Roll</i>	<i>Skip</i>	<i>Hold</i>

GESTURE	TURNING	TRANSFERENCE OF WEIGHT
<i>Stretch</i>	<i>Spin</i>	<i>Sway</i>
<i>Shrug</i>	<i>Rotate</i>	<i>Overbalance</i>
<i>Wave</i>	<i>Coil</i>	<i>Collapse</i>
<i>Sweep</i>	<i>Stir</i>	<i>Sink</i>

Note: Teacher/students should feel free to add to this basic body action chart.