

Movement Alphabet

A = angular

B = bounce

C = curve

D = dab

E = elevate (float)

F = fling

G = grab

H = heavy

I = intense focus

J = jump

K = kick

L = lean

M = melt

N = narrow shape

O = over

P = point

Q = quiet/stillness

R = right side only

S = slow motion

T = tip toe

U = under

V = very cool shape

W = wiggle

X = (e)xtend (reach)

Y = yawn

Z = zig zag

DANCE = dab, angular movement, narrow shape, curve, elevate