

WHAT?	WHERE IN SPACE ?					HOW? DYNAMICS				
ACTION	SHAPE IN SPACE	SPACIAL PROJECTION	SIZE	DIRECTION	LEVEL	TIME	FLOW	IN SPACE	WEIGHT	QUALITY
1.1 Standing straight, both arms in 90 % giving an accent	Straight, Angular	Outwards, Personal space	Small	2	High	Sudden	Bound	Direct	Firm, Tense	Thrust
Standing straight, arms in 90 % right arm giving 3 accent to the right and pressing back	Straight, Angular Straight, Angular	Outwards, far	Big	2	Middle	Sudden Slow	Bound	Direct	Firm, Tense	Thrust Push
2.1 Travelling 1 step front, arms in 90 %,right arm giving an accent to the front, left arm stopping it:	Straight, Angular	Outwards	Medium	2	Middle	Sudden	Bound	Direct	Firm, Tense	Thrust

3.1 Upper body twisting, arms building an angular shape	Torso curved, Arms angular	Inwards, Near	Medium	8	Middle	Sustained, Slow	Bound	Direct	Light	Glide
3.2 Torso, rotating, twisting, bending into different directions while building different angular shapes with the arms	Torso curved, rotating, twisting, Arms angular	Outwards	Small	4 6	High	Sudden	Bound	Direct	Firm, Tense	Thrust
3.2 -----//-----	Torso curved, rotating, twisting, Arms angular	Outwards	Big	8 4 2	Middle	Sudden	Bound	Direct	Firm, Tense limbs / Light torso	Dab
4.1 Leap with the right leg diving from down to up	Torso curved, Arms angular	Outwards	Big	4	High	Sudden	Free, ongoing	Flexible, wavy	Firm, Tense limbs / Light Torso	Whip

Taking little steps front, left within the boundaries of the angular shaped arms	Straight	Inwards, Near	Small	4 2	High	Sudden	Bound	Direct	Light	Dab
Bending down 3.1 ----//-----	Torso Straight, Arms angular, Legs bent	Outwards, Near	Small	2	Low	Sudden	Bound	Direct	Firm, Tense	Thrust
4.1 Leap with the right leg front	Travelling	Outwards, Far	Big	4	High	Sudden	Free, ongoing	Flexible, wavy	Firm	Whip
3.2 -----//-----	Torso curved, rotating, twisting, Arms in angular shape	Outwards	Medium	4 8 7	Middle	Sudden	Bound	Direct	Firm, Tense	Thrust

Torso Twisting on relevé Right arm twisting to the back and in a circle back to the front into an angular shape	Torso rotating, Arms straight	Outwards, Far	Big	7	High	Sustained, Slow	Bound	Direct	Firm, Tense	Thrust /Push
3.2 -----//-----	Torso curved, rotating, twisting, Arms in angular shape	Outwards	Medium	7	Middle	Sudden	Bound	Direct	Firm, Tense	Thrust
4.1 Leap with the right leg in attitude to the right side	Irregular shape	Outwards, far	Big	4	High	Sudden	Free, ongoing	Flexible, wavy	Light	Flick

3.2 -----//-----	Torso curved, rotating, twisting, bent, on relevé, arms in angular shape	Inwards, Near	Medium	8 6 2 4	Middle High Low	Sudden	Bound	Direct	Light/Tense	Thrust/Dab
Little jumps backwards	Straight torso, angular shape of arms	Outwards	Small	2	High	Sudden	Free, ongoing	Direct	Firm, Tense	Thrust/Dab