

<b>WHAT?</b>	<b>WHERE IN SPACE ?</b>					<b>HOW? DYNAMICS</b>				
<b>ACTION</b>	<b>SHAPE IN SPACE</b>	<b>SPACIAL PROJECTION</b>	<b>SIZE</b>	<b>DIRECTION</b>	<b>LEVEL</b>	<b>TIME</b>	<b>FLOW</b>	<b>IN SPACE</b>	<b>WEIGHT</b>	<b>QUALITY</b>
1.1 Standing straight, both arms in 90% giving an accent	Straight, Angular	Outwards, Personal space	Small	4	High	Sudden	Bound	Direct	Firm, Tense	Thrust
1.1 ___//___  2 Accents	Straight, Angular	Outwards, Medium far	Medium	4	High/Middle	Sudden	Bound	Direct	Firm, Tense	Thrust
1.2 Pushing the arm back to a rectangular shape	Shifting, Straight, Angular	Inwards	Medium	4	High	Slow	Bound	Direct	Firm, Tense	Push
1.1 ___//___  3 Accents	Straight, Angular	Outwards, far	Big	4	Middle	Sudden	Bound	Direct	Firm, Tense	Thrust
Pushing the arm back to a rectangular shape	Shifting, Straight, Angular	Inwards	Medium	4	High	Slow	Bound	Direct	Firm, Tense	Push

<p>2.1 Travelling 1 step front, arms in 90 % , right arm giving an accent to the front, left arm stopping it and pushing back To a rectangular shape</p>	<p>Travelling, Straight, Angular</p>	<p>Outwards, far</p>	<p>Medium</p>	<p>4</p>	<p>Middle</p>	<p>Sudden</p>	<p>Bound</p>	<p>Direct</p>	<p>Firm, Tense</p>	<p>Thrust</p>
<p>Pushing the arm back to a rectangular shape</p>	<p>Shifting, Straight, Angular</p>	<p>Inwards</p>	<p>Medium</p>	<p>4</p>	<p>High</p>	<p>Slow</p>	<p>Bound</p>	<p>Direct</p>	<p>Firm, Tense</p>	<p>Push</p>
<p>2.2 Travelling 2 step front, arms in 90 % , right arm giving an accent to the front, left arm stopping it</p>	<p>Travelling, Straight, Angular</p>	<p>Outwards, Far</p>	<p>Big</p>	<p>4</p>	<p>Middle/Low</p>	<p>Sudden</p>	<p>Bound</p>	<p>Direct</p>	<p>Firm, Tense</p>	<p>Thrust</p>

3.1 Arms clapping changing into different angular shapes	Straight, Angular	Inwards, Near	Small	4	Middle/Low	Sudden	Bound	Direct	Firm, Tense	Thrust
Arm holds a rectangular shape, upper body twisting to the left and right	Torso curved, Arms angular	Inwards, Near	Medium	1 4	Middle/Low	Slow, Sustained	Bound	Direct	Light	Glide
Arm holds a rectangular shape, body goes down, 2 steps to the back, to the left, right, shape fitting over the legs	Torso curved, Arms angular	Inwards, Near	Small	4	Middle/Low	Sudden  Slow, Sustained	Bound	Direct	Light	Dab Glide
Arm holds a rectangular shape, body twists and moves upwards	Torso curved, Arms angular	Inwards, Near	Medium	4	Middle/Low	Slow, Sustained	Bound	Flexible, wavy	Light	Glide

2.3 Arms in 90 % ,right arm giving an accent to the front, left arm stopping it. 2.2 ----//----	Straight, Angular	Outwards, Far	Big	4	Middle/Low	Sudden	Bound	Direct	Firm, Tense	Thrust
Travelling backwards, Holding the shape of the previous movement	Straight, Angular	Inwards, Near	Medium	8	Middle/Low	Sudden	Bound	Direct	Firm, Tense	Thrust
3.1 ----//----- -	Straight, Angular	Inwards, Near	Small	4	Middle/Low	Sudden	Bound	Direct	Firm, Tense	Thrust
Turning to the right	Torso curved, Arms angular	Inwards, Near	Small	6	High	Slow, Sustained	Bound	Direct	Light	Glide
Bending downwards; 3.1 ----//-----	Torso curved, Arms angular	Inwards, Near	Small	6	Middle/Low	Sudden	Bound	Direct	Firm, Tense	Thrust
2.3 ----//----	Torso curved, Arms angular	Outwards, Near	Medium	2	Middle/Low	Sudden	Bound	Direct	Firm, Tense	Thrust

Torso Twisting Right arm points to the back and in a circle back to the front	Torso rotating, Arms straight	Outwards, Far	Big	4 8	Middle/Low	Slow, Sustained	Bound	Direct	Firm, Tense	Push
Torso Twisting 3.1 ----//-----	Torso rotating, twisting Arms straight	Outwards, Near		8 4	High	Sudden	Bound	Direct	Firm, Tense	Thrust
1.1 Standing straight, both arms in 90 % giving an accent Repeating 3 times by going backwards	Straight, Angular	Outwards, Personal space	Small	4	High	Sudden	Bound	Direct	Firm, Tense	Thrust