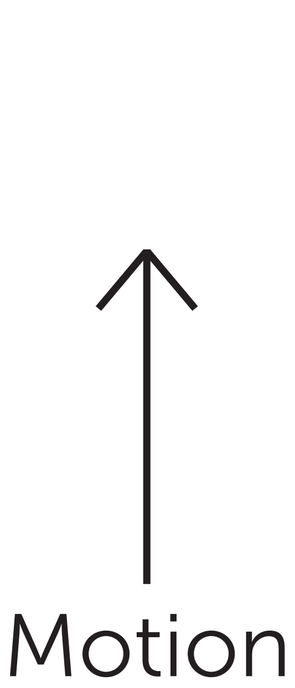
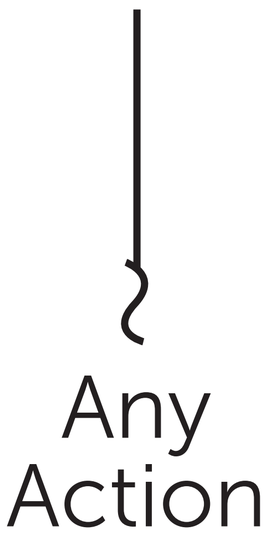
Language of Dance®

The

MOVEMENT ALPHABET



Motion



Any Action

Any Rotation

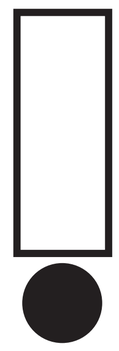
Stillness

Destination

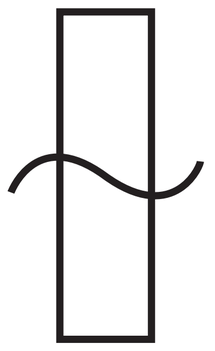
Any Flexion

Any Extension

Traveling

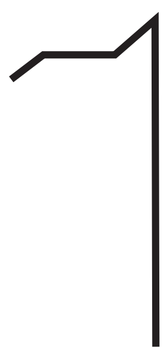


Balance



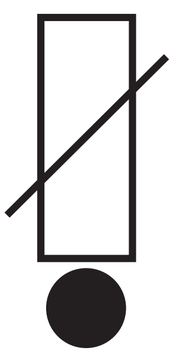
Any Direction

Spring



Change of Support

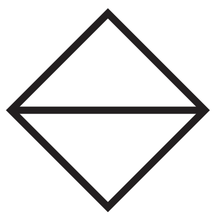
Motion Toward



Falling

Motion Away

Relating



Shape

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