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Language of Dance[®] (LOD) is a fresh and original framework for experiencing dance. This approach to movement exploration is integrated with the use of basic Motif symbols. The key text for Motif Notation is the 2nd edition of *Your Move - The Language of Dance Approach to the Study of Movement and Dance* (2008) by Ann Hutchinson Guest and Dr. Tina Curran. It examines the fundamental elements of dance, the LOD Movement Alphabet, using illustrations of movement and notation symbols providing new ways to observe, experience, teach, and choreograph dance. The accompanying *Exercise Sheets* can be purchased separately.

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