



6 Basic dance actions – Jump, stillness, gesture, fall, turn, travel.

Choreography: create a dance.



Unison: performing the same movement at the same time

Canon: when the same movements overlap in time.

Performance: the sum of all the elements that come together in the act of dancing.



Transition: Links between phrases or sections in a dance

Levels



Formation



Pyramid Formation with 10 Dancers

