

DANCE STUDY GUIDE (CONTINUED):

MODERN TERMS

Bounces
C – curve
Circle walk (head, hip, other initiation)
Collapse
Compass Turn
Contraction
Drop swing
Extension
Fall
Flat back
Flexion
Floor roll
High Arch
Hinge
Improvisation
Lateral
Levels: high, medium, low
Lunges
Parallel
Pitch
Prance
Rebound
Release
Roll up/down
Side bend
Side falls: knees, stand, releve, sauté, tuck, variations
Space circle
Spiral: ascend, descend
Suspension
Swings: torso, arms, legs
Tilt
Torso circle
Triplet
Turned out
Under curve/Over curve

Core Initiation- Movement starts from your center
Proximal Initiation-starts from the shoulder and hip joint
Mid-Limb Initiation-starts from the elbow and knee
Distal Initiation-starts from the hands, feet and head

Symmetrical
Asymmetrical
Oppositional
Successional