

# 5 Dance Action categories

## Travel



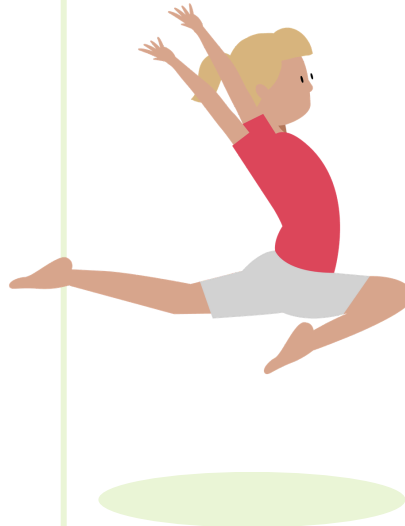
Moving from one place to another in different ways

## Turn



Rotating or changing direction around your body

## Flight



Actions where your body leaves the floor

## Gesture



Using body movements to show an idea, feeling or character

## Stillness



Holding your body still in a balanced position

