



FOOTFALLS

FOLLOW
THE LEADER

Two-step step **STEP** STOP

BACKWARD WALK

TURN
around SIT
DOWN

TURN
AROUND SLOWLY SLOWLY

STAND AT
FULL
TILT

ALL IN

ACTION
that counts.

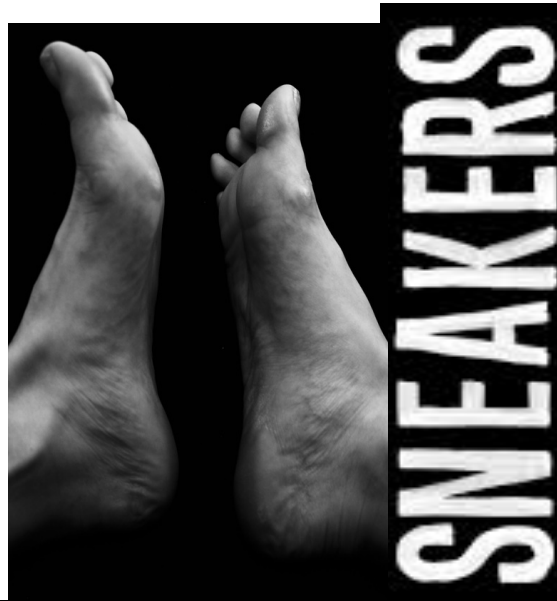
AGAIN

EVERY TRY
COUNTS

MODERN DANCE POSTMODERN DANCE

BAREFEET
FLEXpoint

DANCING
BRUSH



SNEAKERS

FLASH
BACK

PUT EM' UP



down

FAST, FASTER, FASTEST.

OFF+ON

SHAKE A LEG

CHANCE AND CIRCUMSTANCE

BRACE YOURSELF AGAIN EVERY TRY COUNTS

dance marathon



**END
OF THE
LINE**

**SLOW-MO
LEG & HIP
ACTION**

TURN

TIP TOE

**HIP
SWING**

**RUN
IN
PLACE**

SPIN

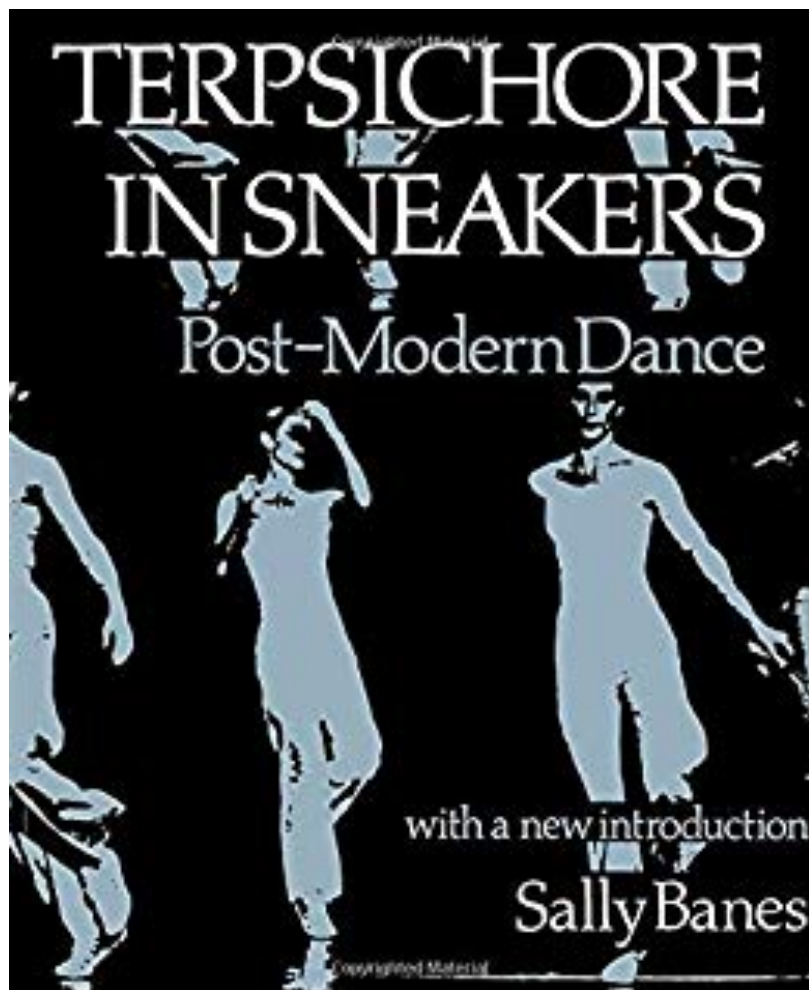
HOP-ON HOP-OFF

CROUCH END

HUMANIFESTO

HEADLINE

tread lightly



DEAL ME IN

A Delicate
Balance

Dial me



YANKEE
DOODLER
dandelion

DANDY

Don't get
your
Dander up

HOW TO TEACH THE LIE DOWN

DALLIANCE ADVANCE

DANCE
PARTY

THE ART OF MAKING DANCES



BY DORIS HUMPHREY

ANTHONY POWELL'S DANCE TO THE MUSIC OF TIME



CAKE

WALK

WALKAROUND TIME
DE MERCE CUNNINGHAM

STUMBLE

DANCE

WALK

FALL
BACK

BACK
UP

BACK
IN

BACK
TO
FRONT
IN THE
SADDLE

TAKE IT
BACK

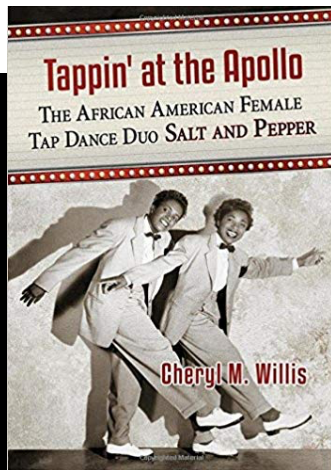
BACKWARD BANG

INTO

bang out
bang away
bang down

TAP
DANCE

NOTEBOOK



TORPPE

TIP
TOP trip up

STAMP IT
OUT!



TEMPO TRIPLE TIME STEP



TRAMPLE

StumbleUpon



STOP GAP Two-step

KEEP MOVING FORWARD dance moves



POWER MOVES

you can't walk then crawl, but whatever you do you have to keep moving forward.

3 SIMPLE MOVES
IT'S TIME TO MOVE ON

STARTUP CRAWL
MOVE OUT THE WAY

CANINE CRAWL

End crawl
MOVE OVER



MOVING OUT!

STAY FOCUSED
STAY CONSISTENT
STAY POSITIVE
and
KEEP MOVING FORWARD ➡



SLOW FOOT MOVEMENT
MOVE

IN&OUT

MOVEMENT★

DROP.COVER.
HOLD ON!

UP AND DOWN

UP AND DOWN

TIME TO MOVE

OFF THE PAGE