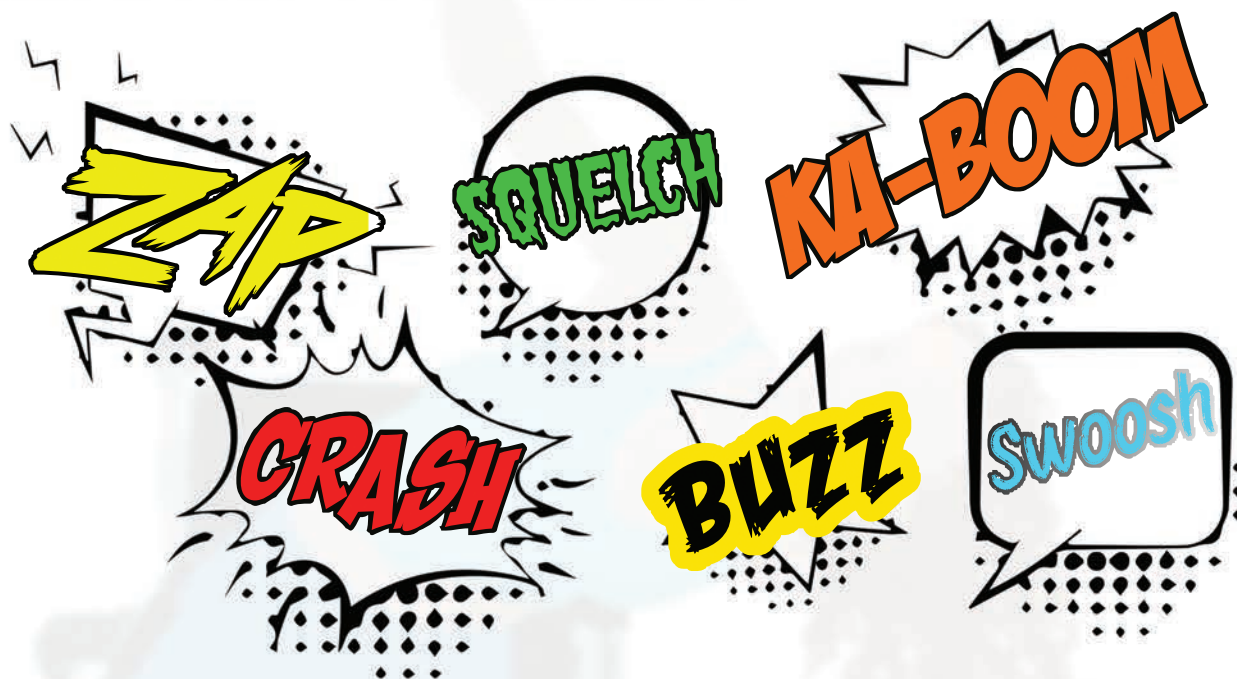




Lesson 2 - Dynamics & Energy

Look at the different words below.



- How do these words make you want to move?
- Can you find an action for each one?
- Join these movements together to create a sequence.

Try your dance to music.

Find your favourite piece of music and notice how it makes you feel.

How does it make you want to move?

Try different pieces of music and notice if they make you move differently.