

# The Five Basic Dance Actions

1

## TRAVELLING

Includes stepping, transferring body weight and sliding.



2

## JUMPING

There are various ways of jumping: 2 feet to 2 feet, 2 feet to 1 foot etc.



3

## TURNS

1/4, 1/2, 1/3 or full turns.  
Turns can be performed as a jump.



4

## GESTURES

A body movement that portrays a concept or mood.



5

## STILLNESS

A motionless pose during the dance sequence.

