


## Opposite Movements

Movement	Opposite movement
	<p>Use pictures and words to describe your opposite movement:</p>
<p>How the body is used:</p> <p>The dancer is using their whole body to make a small and curved shape. They are using their bottom and feet as their body base.</p>	<p>How the body is used:</p>
<p>The message:</p> <p>They could be tired or feel shy.</p>	<p>The message:</p>