

Elements of Two Different Dances

Choose two dances:

- Irish step dancing
- Breakdancing
- Hoop dance
- Chinese Lion dance

Dance 1:

Dance 2:

Locomotor movements:

stepping side to side, walking, hopping on one foot, none

Dance 1:

Dance 2:

Non-locomotor movements:

turning, waving arms, shuffling, moving head up and down, freeze

Dance 1:

Dance 2:

Levels:

- Low
- Medium
- High

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Dance 1:	Dance 2:
Pathways: · Straight · Curvy · Zig zag	
Dance 1:	Dance 2: