

My Dance Piece – Option 2

Beginning	Movement #1	Movement #2	Movement #3	Movement #4	Ending
Option 1:					Option 1:
Option 2:					Option 2:

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Locomotor movement ideas	Non-locomotor movement ideas
• Walk • Skip • Crawl • Gallop • Run • Tiptoe • Roll • Crab walk	• Jump on two feet • Jump on one foot • Stretch • Wave • Melt • Wiggle • Shake • Collapse
Strategies to create beginnings and endings Enter or exit from "off stage" • Freeze • Take a bow • Have a moment of silence • Start and end in the same position • Turning the lights on/off	