

CREATEing Dance:

Movement Alphabet

1

A B C D E F G

ROLL WAVE TOUCH THE FLOOR TILT CIRCLE UNDER CLAP

H I J K L M N

PUSH TAP OVER FLIP UP OVER WIGGLE

O P Q R S T U

UPSIDE DOWN SLIDE KICK HOP PULL SPIN RUN

V W X Y Z

JUMP BACKWARDS LOOP BEND REPEAT

2

Spell out your name.

Perform your movement name.

Pick out 10 completely different words and see what

movements you can make!

See if you can use all of the letters.