# THE BUILDING BLOCKS

## Action – What?
- Walk
- Turn
- Jump
- Balance
- Travel
- Roll
- Stretch
- Bounce
- Bend

## Dynamics – How?
- Time (e.g. sudden, sustained, fast, slow)
- Weight (e.g. light, heavy)
- Space (e.g. direct, indirect)
- Flow (e.g. Bound, Free)
- Combinations

## Space – Where?
- Personal or general space
- Levels
- Directions
- Formations
- Size
- Proximity
- Pathways
- Shape and volume
- Dimensions and planes

## Relationships – With Whom/what?
- Relating to people, objects, site
- Solo, duet, trio, quartet etc
- Leading/following
- Copying/mirroring
- Unison/canon
- Meeting/parting
- Question/answer
- Contact/non-contact
- Over, Under, around, through etc.