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Elevate Your Dance **Week 1**

Defining what you do makes things clearer, which in turn will make your dance more effective in your expression, enjoyment and how it comes across to an audience.

1. Name 2 movements and 1 element/concept (hint: you can use the first ones that come to mind BUT do ones we didn't cover in class. 😊)
2. For each of these, write down the components/building blocks to each movement and element/concept. It is important to be as detailed as possible. Be okay with moving and figuring it out with your body.
3. How do you know when the movement and element/concept are not correct anymore?

