BRAINSTORMING PAGE

Today you will be creating an original dance using the Wash with Words phrases.

Expectations of the dance:

- Each movement needs to be 8 counts.
- Every movement needs to be used at least once in the dance.
- Each movement needs to incorporate an upper and lower body component (e.g., walk forward with Frankenstein arms).

Phrase #1	Phrase #2	Phrase #3	Phrase #4

Place the words in order of how you plan to perform the movements.				
Word #1	Word #2	Word #3	Word #4	Word #5
Write a brief description of what the dance movement looks like for you to remember.				
Please list any / all movements, pathways, levels and relationships used. (Please use list below)				

Options to use for locomotor movements, non-locomotor movements, pathways, levels, & relationships.

Non-Locomotor	Locomotor	Pathways	Levels	Relationships
stretch, bend, twist, turn, rise, fall, swing, rock, tip, shake, suspend, pivot	slide, walk, hop, grapevine, skip, run, jump, roll, crawl, gallop, turns, march	forward, backward, sideward, diagonal, right, left, stationary	high medium low	in front, beside, over, under, alone/connected, near/far, group set-up (line, circle, facing)