LOCOMOTORS *travel through space*	**AXIALS** *movements that don't travel*	**SHAPES**
walk variations: tiptoe, march, stomp	**open/close**	**open**
run	**twist/untwist**	**closed**
leap	**swing**	**twisty**
jump	**vibrate & shake**	**zigzag**
hop	**kick/punch**	**curvy**
skip	**stretch/shrink**	**round**
gallop	**rise/fall** variations: burst, float, melt, drop, crumble	**angular & bent**
slide variations: slither, glide	**turn in place**	**straight** **balance**
lunge	**aerial in place**	**upside-down**
crawl	**stomp in place**	**copy someone else's shape**
roll	**press/pull**	**make your own**
travel in a shape	**lunge in place**	*Vary all by changing:*
travelling turn	**curl/uncurl**	body parts, whole body, body halves, different body halves making different shapes simultaneously
copy someone else's move	**slash**	
make your own	**wring**	levels
Vary all by changing:	**dab**	size
size (big, medium, small)	**flick**	
direction (forwards, backwards, sideways)	**poke**	
pathway (curvy, zigzag, straight, circle, etc)	**bounce**	
levels (high, medium, low)	**copy someone else's move**	
speed (fast, medium, slow, insert pauses)	**make your own**	
energy (heavy/light, smooth/sharp/shaky, tight/loose, etc)	*Vary all by changing:*	
	body parts, whole body, halves	
	direction (front, back, side)	
	levels	
	size	

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