

# DANCE I

# ENERGY

FORCEFULNESS OF EXPRESSION

CONTRAST, TRANSITIONS, MEANING

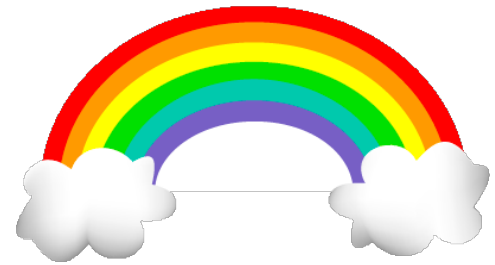
## 9 QUALITIES OF MOTION



SUSTAIN



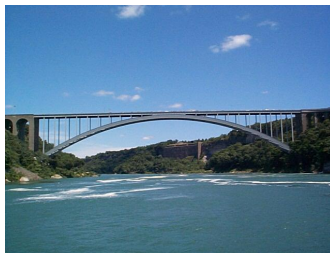
PERCUSSIVE



SWAY



SWING



SUSPEND



COLLAPSE



EXPLODE



SHAKE



VIBRATE