

Name: _____

Date: _____

Modern Dance Technique

L H P Y L H J W X N L F S M F S T G Z N G J X B
 E I Z L A F M N F E O T I X N Y Y W F K G B D Z
 Y G T B I J X N L M E L I O J G D O A L T R E C
 K H M Q G E Y L T L P G I S A U R S H G U E E E
 Z C A W W K A B P U P T E T P T W P X Y B A P C
 R O H D R R Q I V B C I T O I I E K J D C T S K
 Y N A N A P R Z X A B I T F G S R Q I W P H T C
 R T R P R T F J R O T I I C A P P A M D N I R C
 E R G P P U C T U U P C R E H U M E L O J N E I
 V A A M T J N N D M A F L B K T T B M S S G T T
 O C H E Q O C E Z T L E S T A A F I J Q Y S C N
 C T T K C E S S I T R J I U T E L H E Q J Z H O
 E I R R S W C O R L L L Q A D E E P L U N G E I
 R O A M I J N B A E T S R B S L C D G Z K Z S T
 D N M N H S Y N A P E S P O X S L A R E T A L I
 N S G D R K O N L V A C J P U G C Z S Y S R T S
 A S O I F G S E I L M I V M P X O F M F Q B E O
 L S P I A R A T S H E T U R N O U T F Q S X N P
 L D Z I O D I T L S X R N Z R V P D Y O D F D H
 A N D H I M R K C A B T A L F K S B X Q E P U T
 F H Z N I E N O T R O H R E T S E L P H Y O T R
 H X G R T J N H J O Z S I T F A L L S S T X P U
 A S P C I X I S N O E S I C R E X E Q J D F R O
 Z Q H C T E E S K L A W W O L H B F J J W F N F

metatarsal stretch
 primitive squat
 attitude swing
 contractions
 low walks
 triplets
 spirals
 leans

fall and recovery
 fourth position
 deep stretches
 deep lunge
 flat back
 laterals
 bounces
 tilt

high contractions
 exercise on six
 Lester Horton
 breathings
 sit falls
 parallel
 pitch
 plie

diagonal release
 fortifications
 Martha Graham
 Jose Limon
 pleadings
 turnout
 tendu