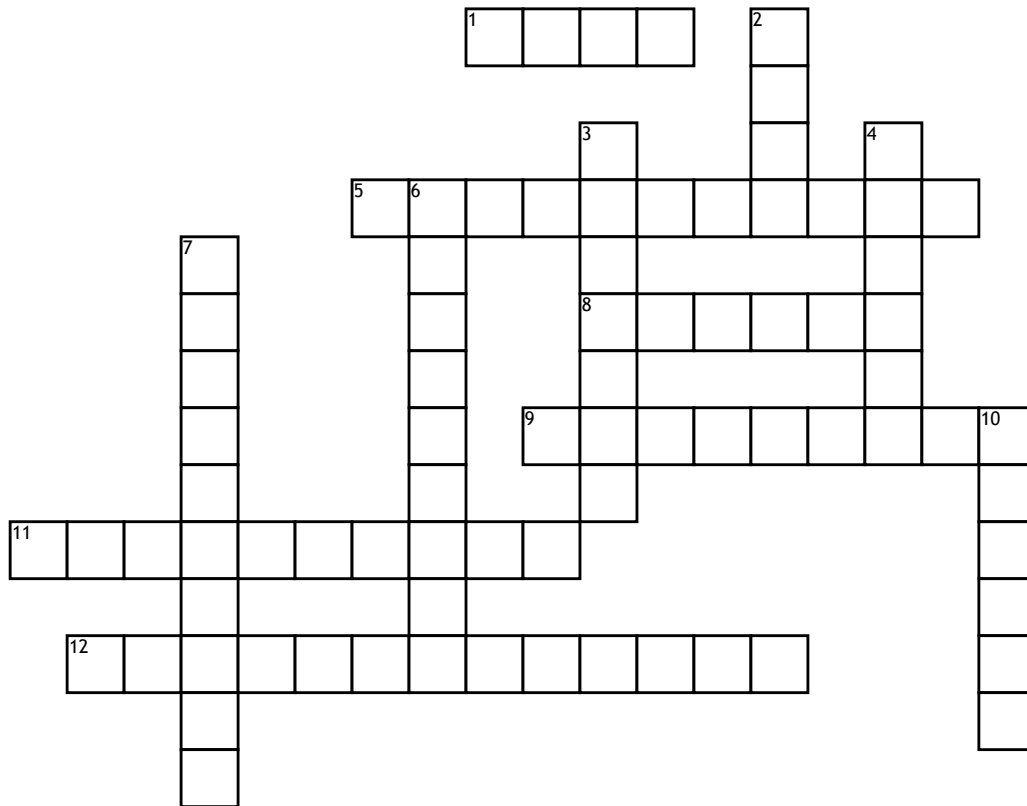


modern dance



Across

1. A movement consisting of stepping on one foot and pulling the opposite foot to meet the standing one
5. Refers to the forward curving of the spine, starting from the pelvic zone.
8. Change weight from one foot to the next quickly (parallel position) traveling forward. The feet articulate through each position, heel, ball, toe.

9. An exercise to release the hips by moving the leg around in the hip socket
11. Weightbearing position of the foot in which the heel is lifted and the knee is bent with extreme metatarsal dorsiflexion.
12. Feet in parallel, and together.

Down

2. A movement of the upper body laterally and downward.
3. Three steps consisting of Down, Up, Up

4. Dance that began as a rebellion against ballet steps and positions.
6. The shifting of weight from one leg to the other while lifting the body weight up at the top of the curve through space
7. Shifting of body weight from one leg to another while dropping the weight lower in the center of the curve.
10. A twisting action of the spin or joints.

Word Bank

TRIPLET

Spiral

Tilt

parallelfirst

DRAG

LEG SWINGS

Undercurve

Prance

Forced arch

Overcurve

Modern

Contraction