**ELEMENTS OF VARIATION**

1. **Direction**

front - back - left - right

left diagonal front (LDF) - right diagonal front (RDF)

left diagonal back (LDB) - right diagonal back (RDB)

1. **Rhythm**

Quick / slow / 3 up 1 down / 1 up 3 down

1. **Travel**

forward (fwd) - backward (bwd) - laterally (lat) [or side]

on the spot (ots) - rotational (rotn) – turning

1. **Lever**

Long arms/legs or short (e.g. bend at knee/elbow)

1. **Unilateral/Bilateral**

Same lead leg or alternating

Single arm – double arm - alternating

1. **Mode (style)**

Low to high – Latin – funk/hip hop etc.

1. **Plane**

Sagittal – frontal - transverse