

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)

2. Rhythm

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

3. Travel

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

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

4. Lever

Long arms/legs or short (with bend at knee/elbow)

5. Unilateral/Bilateral

Same lead leg or alternating

6. Mode (style)

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

7. Plane

Sagittal – frontal - transverse