Key Dance Themes

- 1. Alignment
- 2. Balance
- 3. Flexibility
- 4. Turning, pivoting
- 5. Full or whole-body movements
- 6. Moving, progressing in the dance direction
- 7. Coding movements and leading movements
- 8. Decoding and following through with movements
- 9. Music
- 10. Rhythm
- 11. Svikt
- 12. Enjoyment

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