

Accent

Rhythmic patterns

Stillness

Release of energy

Weight/ force

Qualities of movement

The background of the page features a repeating pattern of overlapping circles in a light grey color. A thin, solid purple border frames the entire page. The word "Sustained" is centered in a large, bold, black sans-serif font.

Sustained

Suspended

Collapsing

Swinging

Percussive

Vibratory

Change element of dance card

Change element of dance card

Change element of dance card

**Draw
two
cards**

**Draw
two
cards**

**Draw
two
cards**

Shape

The background of the page features a repeating pattern of overlapping circles in a light grey color. A solid purple border frames the entire page. The word "Level" is centered in a large, bold, black font.

Level

Dimension

Direction

General space

Performance space

Personal space

Planes

Pathways

Metre

Tempo

Phrasing