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## Modern Dance

 $O \quad Q \quad U \quad C \quad K \quad G \quad N \quad M \quad S \quad K \quad N \quad O \quad I \quad C \quad S \quad W \quad A \quad E \quad W \quad M \quad X \quad C \quad K \quad X$





 $X \quad U \quad X \quad Q \quad E \quad O \quad I \quad G \quad T \quad J \quad H \quad U \quad L \quad C \quad W \quad L \quad J \quad L \quad L \quad O \quad I \quad Q \quad Q \quad N$















fourth position second position fifth position third position first position contraction deep lunge roll down releve
coccyx balance
jazz walks
locomotor release degage
standing stag
leg swings
flat back
spiral
plie

