

Place:

Self Space / General Space

Level:

High / Middle / Low

Direction:

Forward / Backward

Sideways (Left / Right)

Up / Down

Pathways:

Straight / Curved / Zigzag

Body Shape:

Curved / Straight / Angular

Twisted

Symmetrical / Asymmetrical

Speed (Tempo):

Slow / Medium / Fast

Energy:

Smooth / Sharp

Weight:

Strong / Light

Flow:

Free / Bound

Rhythm:

Pulse / Breath

Pattern / Accent