



A clock face can help you perform steps and jumps in different directions.

12 o'clock	Move forward.
3 o'clock	Move to the right.
6 o'clock	Move backwards.
9 o'clock	Move to the left.

movement phrase

A series of movements linked together to make a pattern.

pulse

The steady beat in a piece of music.

repetition

Doing the same movement over and over again.

rhythm

A pattern of long and short sounds.

sequence

The order in which movements are linked together.

A movement phrase can be performed to fit a beat of **eight**. Count to eight in your head as you perform the movements.

