

# DANCE I

## UNIT #2 ENERGY

FORCEFULNESS OF EXPRESSION

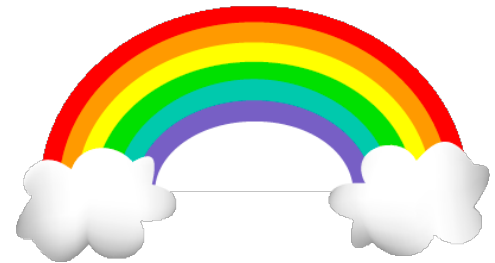
### 9 QUALITIES OF MOTION



SUSTAIN



PERCUSSIVE



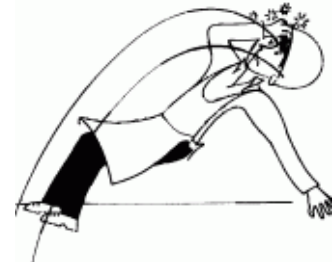
SWAY



SWING



SUSPEND



COLLAPSE



EXPLODE



SHAKE



VIBRATE

**CHOREOGRAPHY AND MEANING**  
**CONTRAST, TRANSITIONS, ENERGIES**  
**CHANGE MEANING**