

Locomotors

Name:

Date:

Date of absence:

Unlike axial movements, that stay in place, Locomotors are movements that we use to travel in the space. Remember the poem: "Locomotors move through space, Axial stays in place" In level 1 dance we learn 5 basic locomotors, 3 combination locomotors and 1 non-pedal locomotor. Here is a list of the locomotors:

Basic

Walk

Run

Jump

Hop

Leap

Combination

Gallop

Slide

skip

Non-pedal

roll

Please watch the video you can find here to learn how to make your body do each locomotor. Then match the definition to the correct locomotor. Please write on the line the correct letter.

1. --- Walk
2. --- Run
3. --- Jump
4. --- Hop
5. --- Leap
6. --- Skip
7. --- Gallop
8. --- Slide
9. --- Roll

- a. A transfer of weight from one foot to the other foot with a large air moment
- b. To move around and around on an axis
- c. A transfer of weight from one foot to the other foot with a small air moment
- d. A step followed by a hop on the same foot
- e. Moving from two feet to two feet
- f. One foot chases the other foot with the emphasis down or weighted
- g. up , up , down , down (the foot you take off of lands first)
- h. Moving from one foot to two feet, two feet to one foot or one foot to the same foot
- i. A transfer of weight from one foot to the other foot with no air-moment