

# CREATIVE & FREE DANCE MOVEMENTS

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Below are some ideas and options for offering different steps and movements to your students during  
Free/Creative Dance

- ❖ Twirl
- ❖ TwinkleToes Turn
- ❖ Jump
- ❖ Leap
- ❖ Chassee
- ❖ Hop On One Foot
- ❖ Slide
- ❖ Shuffle
- ❖ Reach Up High
- ❖ Gallop
- ❖ Hop On Two Feet
- ❖ Arabesque
- ❖ Sunflower Stretch
- ❖ Sway
- ❖ Reach To The Sky
- ❖ Swaying Arms Left & Right