

# Lesson 4 - Action mind map

## JUMPS

- Straight pencil jump
- Hop
- Jump Turn
- Flick jump

## TURN

- Arms in a high V with one foot lifted
- Hop step turn on balls of feet/foot
- Turn on one leg with one leg lifted behind
- Turn and kick

## Barn dance action

## GESTURE

- Wave
- Nod
- Shake hands
- Shoulder shrug
- Foot flex

## FALL

- Horizontal runs
- Half turn running man fall
- Back bend side fall