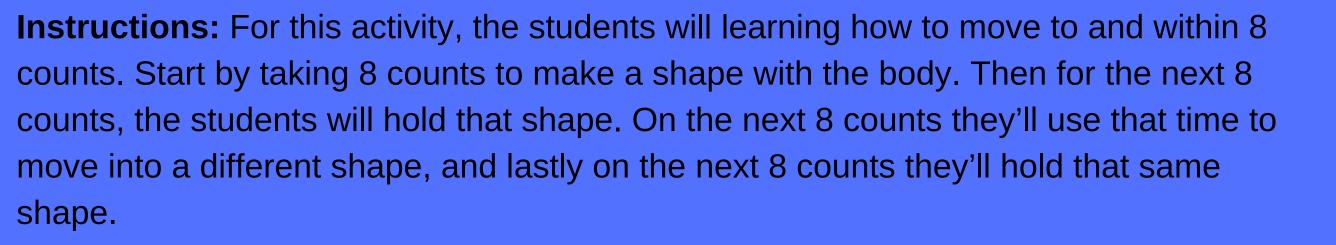
Exploring the Elements of Dance Series

TIME – Speed & Counting: Move & Rest -Part 6 – Grades 6-12

Needed Material: None



The students can repeat this pattern to different speeds such as slow, medium, and fast. Be sure to give the call on which speed the counts will be so that the students can move and rest in their shape according to the counts and speed of the music.

Source: Creative Dance for All Ages by Anne Green Gilbert

