LEVELS

There are 5 levels…

**Super High**

High

Medium

Low

Super Low

Super High = jumps, air moments, feet off the floor and hands in the air

High = In high toe position, legs or arms in air

Medium = Knees are bent or body is bent, plies

Low = On knees or in sitting position

Super Low = Lying on the ground in different positions

For this assignment, you must create a dance where the first 10 seconds is in the super high level, the second 10 seconds in the high, the third 10 seconds is in the medium, the fourth 10 seconds is in the low, and the last 10 seconds is in the super low space. Your dance will total 50 seconds. You may film this and send it to [agsymmes@graniteschools.org](mailto:agsymmes@graniteschools.org), show it on your phone to Mrs. Tuckett, or show it in person. Have fun choreographing!