LOCOMOTOR

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 3 non-pedal locomotor. Here

is a list of the locomotors:

**Basic Combination Non-pedal**

Walk Gallop Roll

Run Slide Crawl

Jump Skip Scoot

Hop

Leap

Put all 11 moves in a different order and decide how many counts to perform each to create a locomotor dance.

1. Counts:

2. Counts:

3. Counts:

4. Counts:

5. Counts:

6. Counts:

7. Counts:

8. Counts:

9. Counts:

10. Counts:

11. Counts:

Show Mrs. Tuckett your completed dance and sign off to receive all points.

Teacher signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_