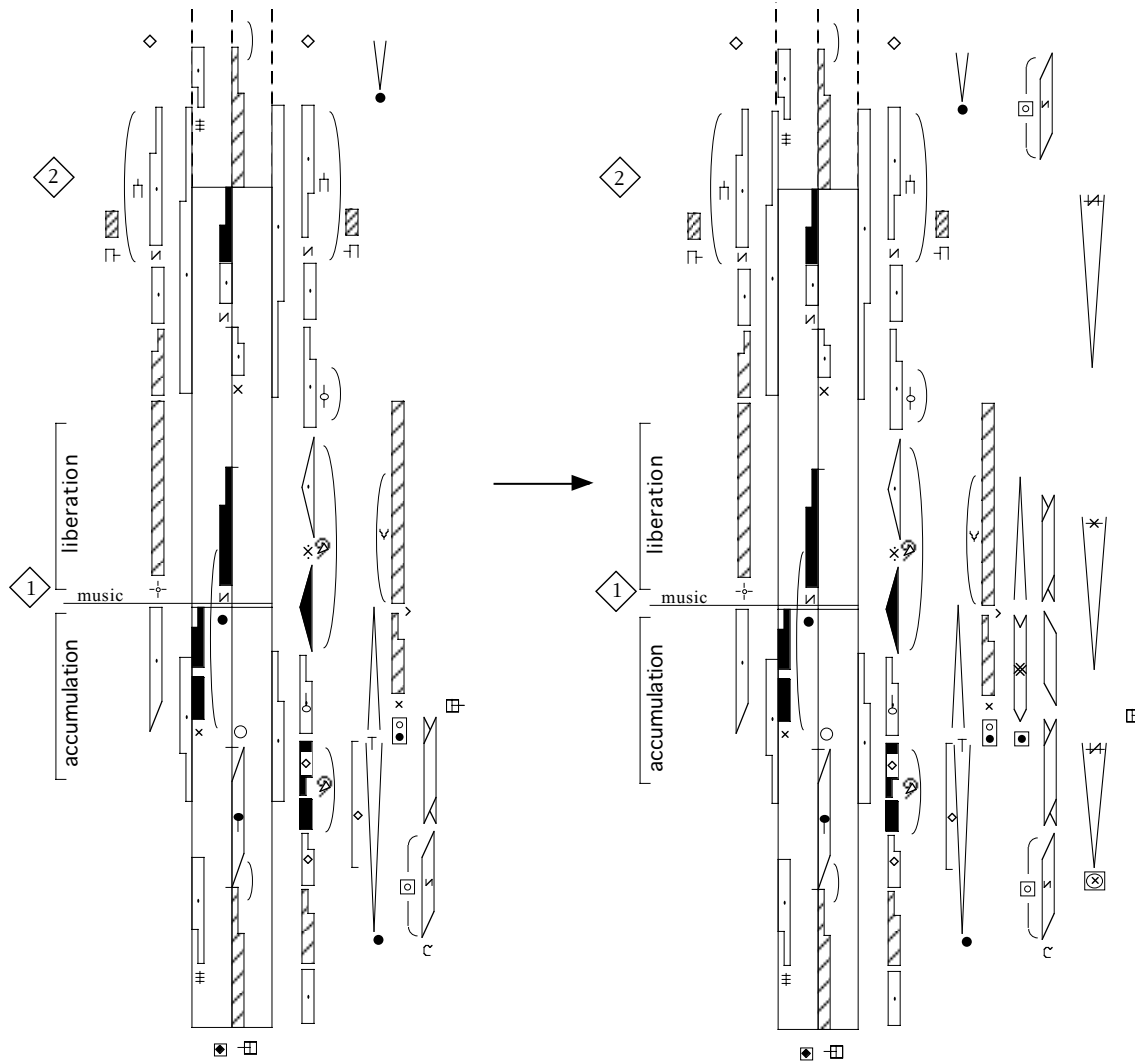


## GLOSSARY

This gestural motif combines the two basic motifs of the dance:

“*accumulation*” or “*compression of forces*” or “*resistance*” and “*liberation*” or “*eruption of forces*”.



General glossary reminder:  
No leg gestures for the startling

While the left foot is supporting the weight, the pelvis moves forward, successively straightening up the torso.

Malkovsky called the feeling of that movement an “*undulation*”.

While releasing the energy through the spin, the torso moves gradually back to a vertical position.

The flow is contained during the accumulating.  
The shifting forward (rocking forward) of the pelvis relates to breathing in.

The rotation of the head leads to that of the torso and results in the pivot turn.