

The 16 Ways To Manipulate A Movement:

1. Repetition - Repeat movements exactly the same.
2. Retrograde - Perform backwards, like a movie running from end to start.
3. Inversion - Perform upside down, like a handstand.
4. Size - Condense or expand.
5. Tempo - Fast/slow/still.
6. Rhythm - Vary rhythm not tempo.
7. Quality - Suspended/sustained.
8. Instrumentation - Perform movement with an alternate body part/s.
9. Force - Varying energy exerted.
10. Background - Alter the design of the body from the original position.
11. Staging - Adapt the stage direction.
12. Embellishment - Decorate movement to include ornamentation.
13. Levels - High/middle/low.
14. Additive - Incorporate locomotor movements, like run, walk etc.
15. Fragmentation - Isolate a part of the motif.
16. Combination - Combine more than one manipulation at the same time.