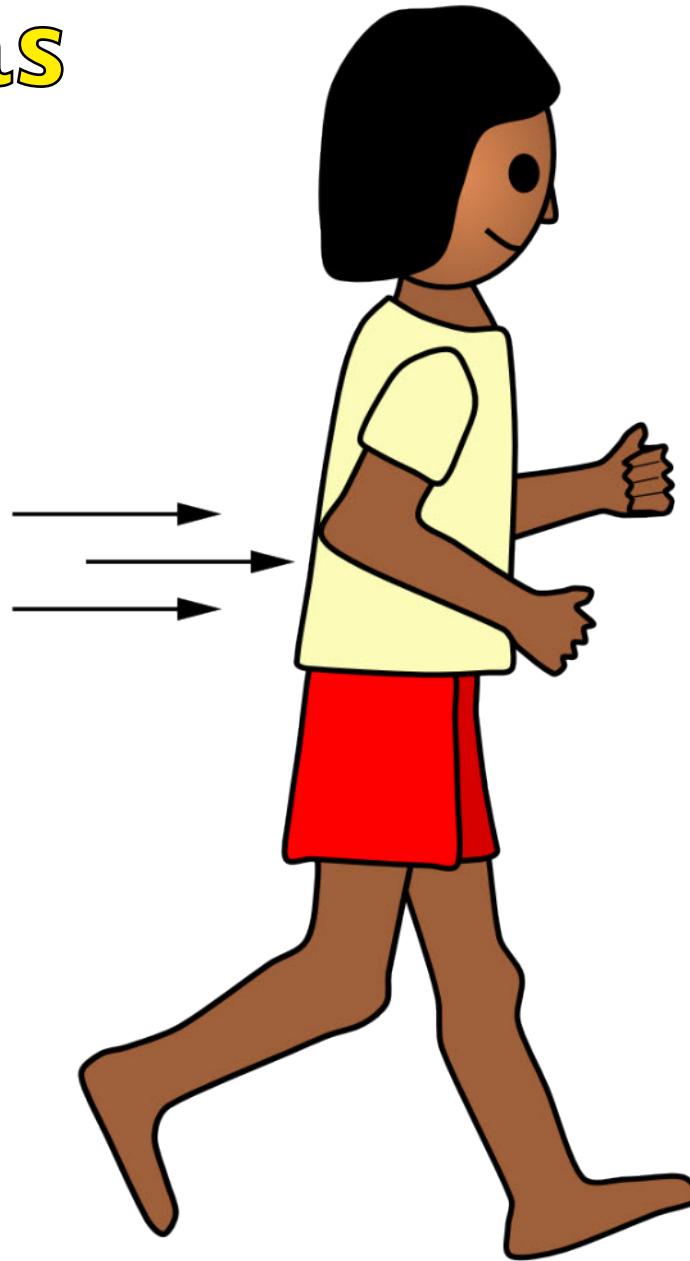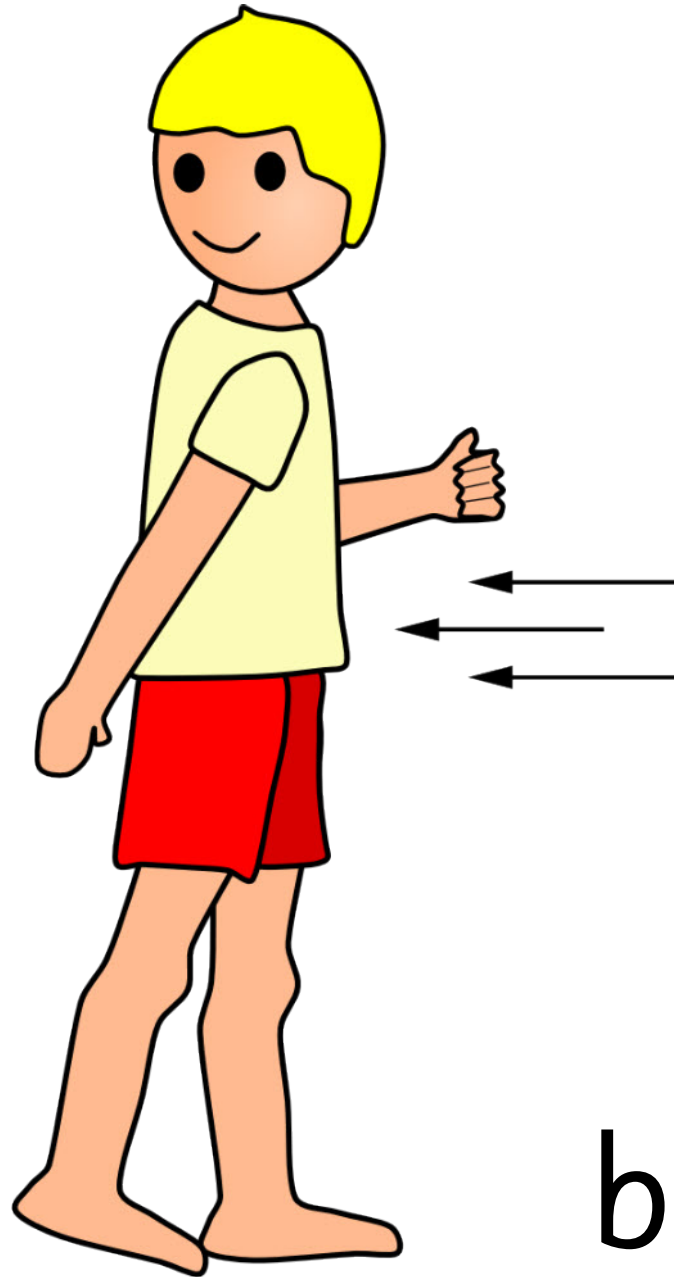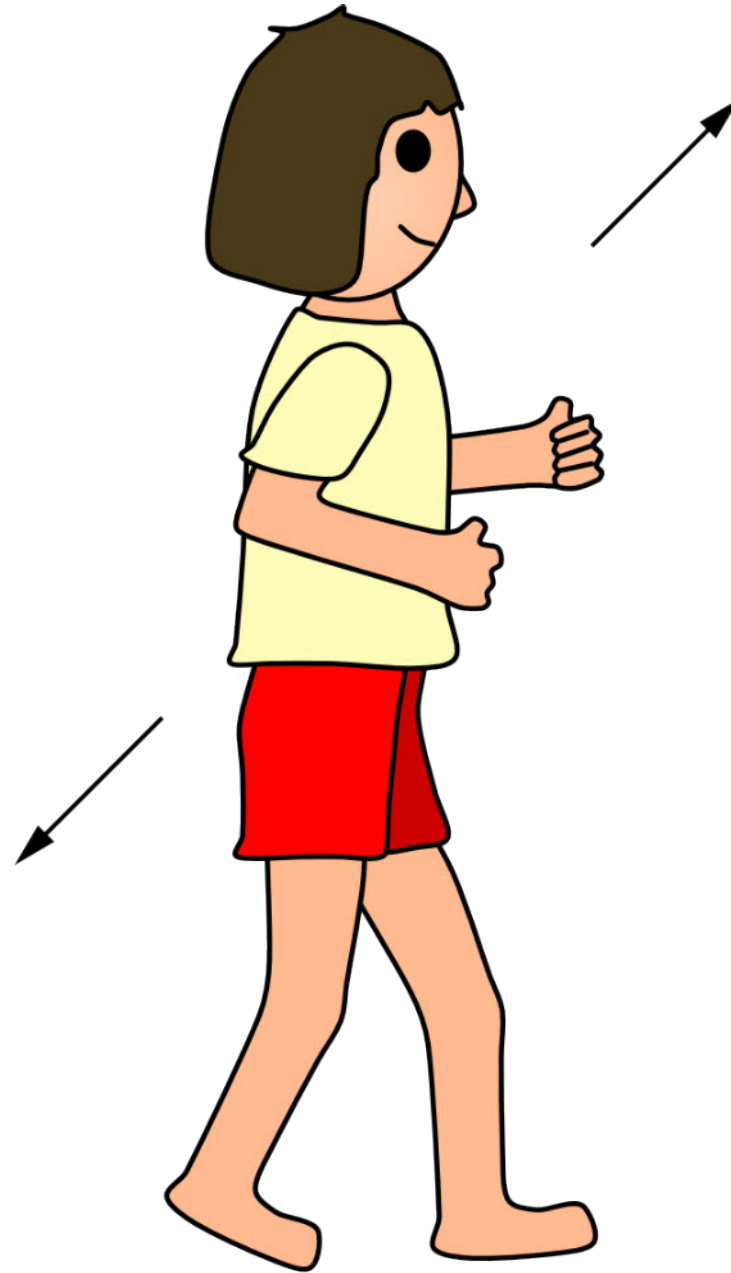# Directions

forwards

Directions
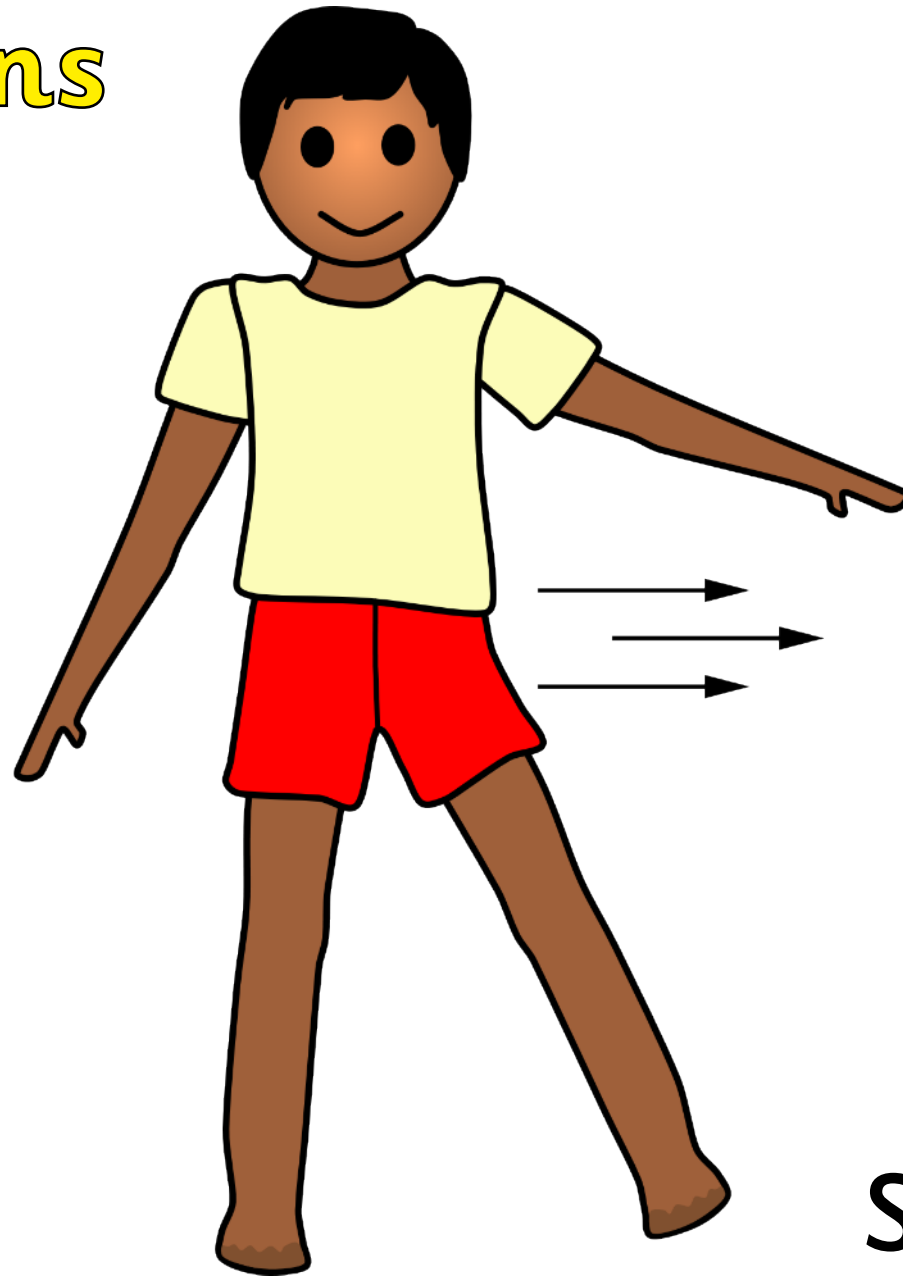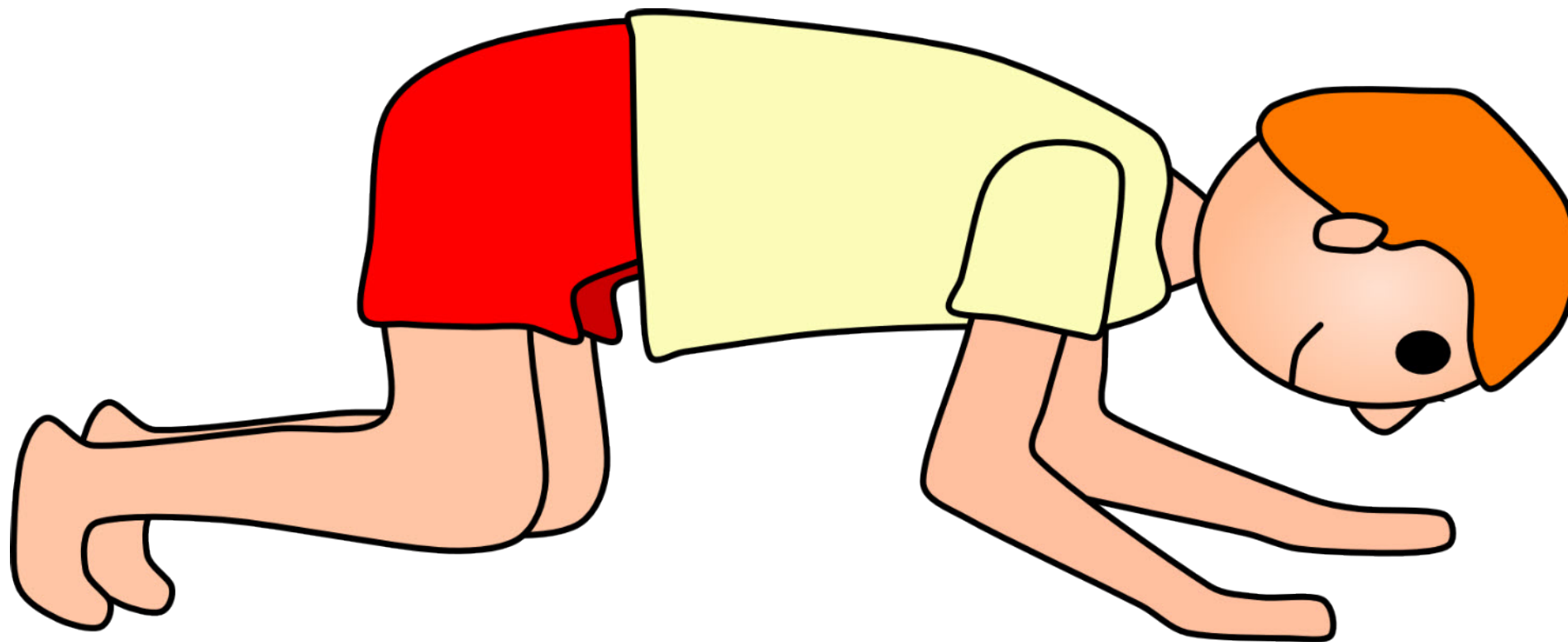
backwards

Directions

diagonal

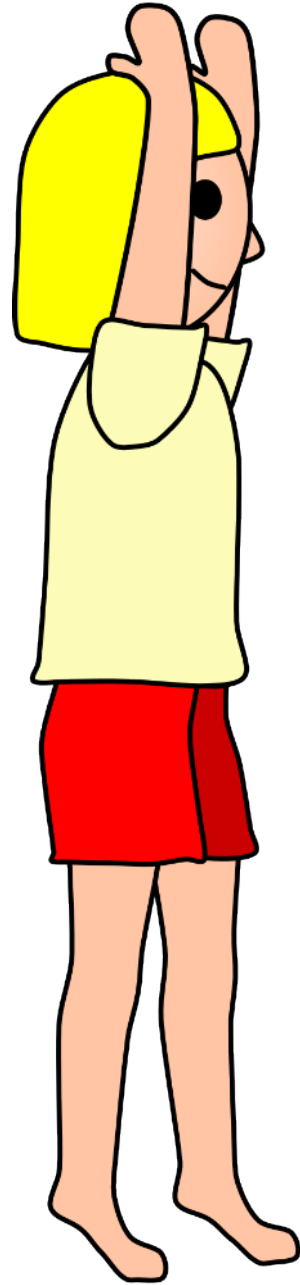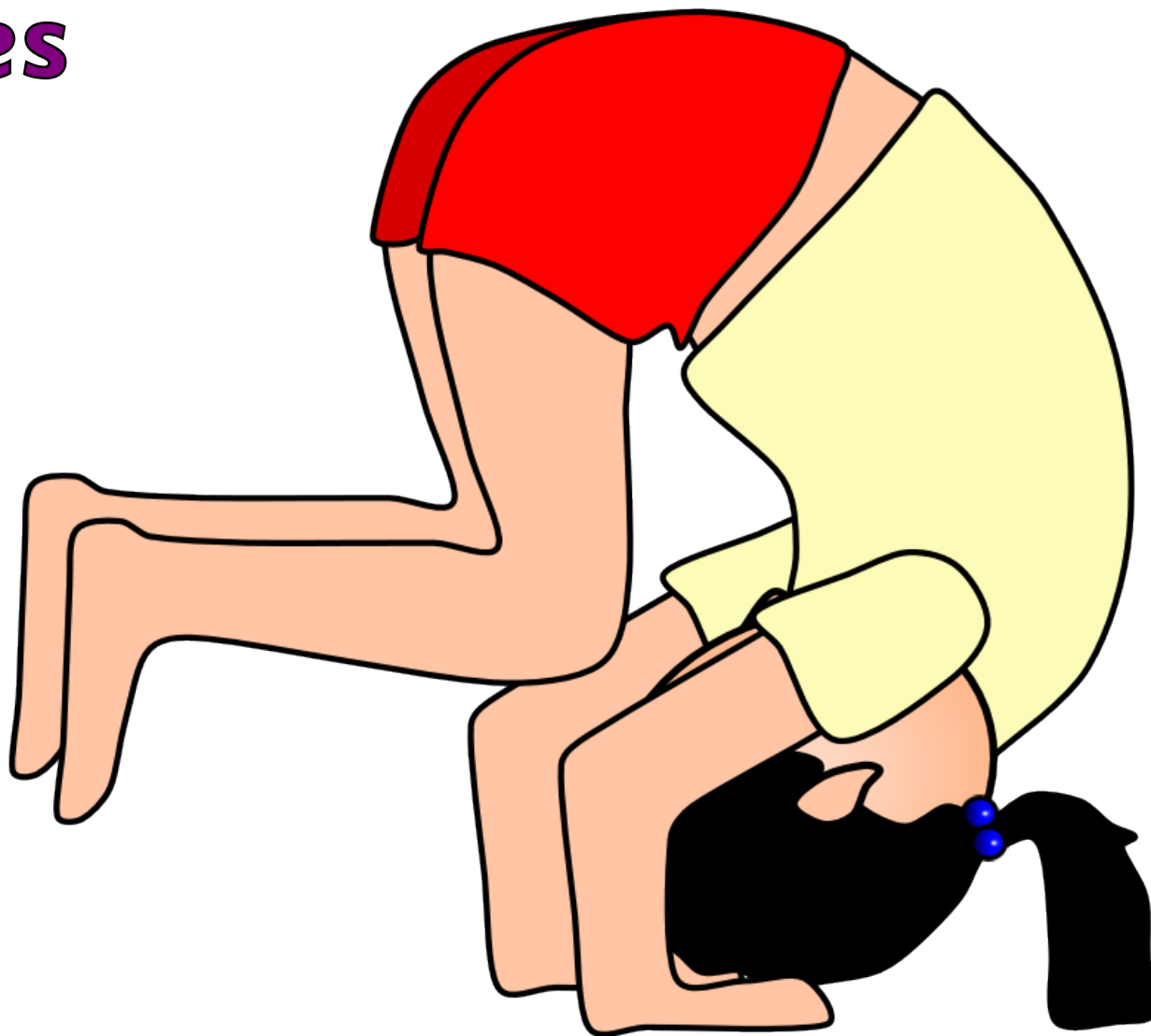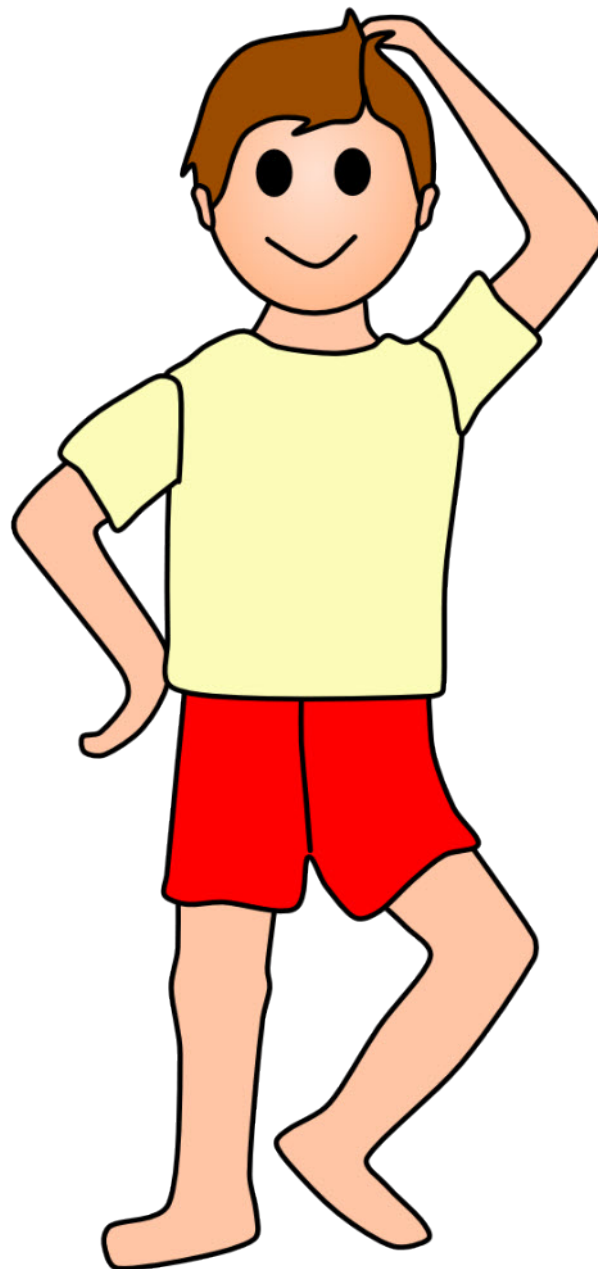# Directions

sideways

Levels
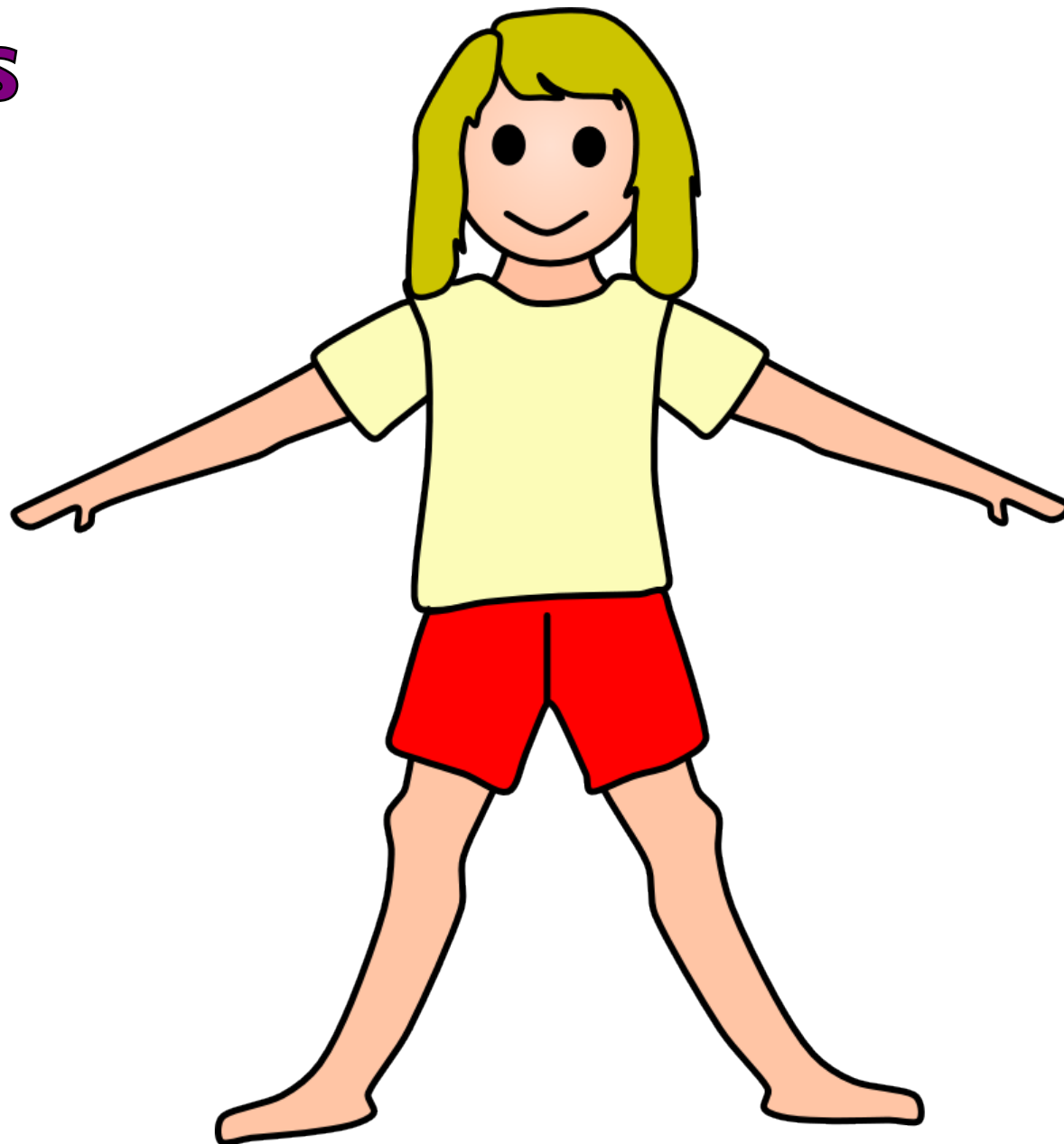
Levels

Levels

medium-high

Shapes

curved

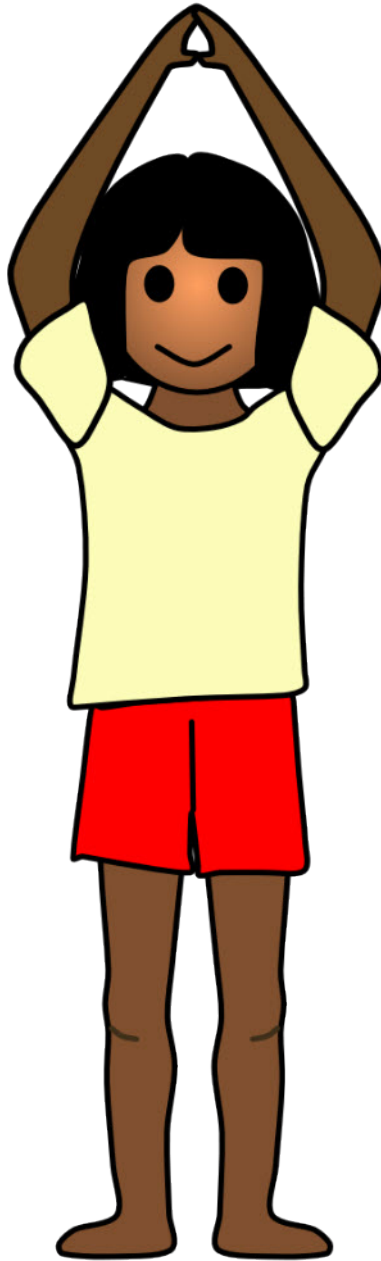# Shapes

jagged

Shapes

narrow

Shapes

wide

Shapes

twisted

Shapes
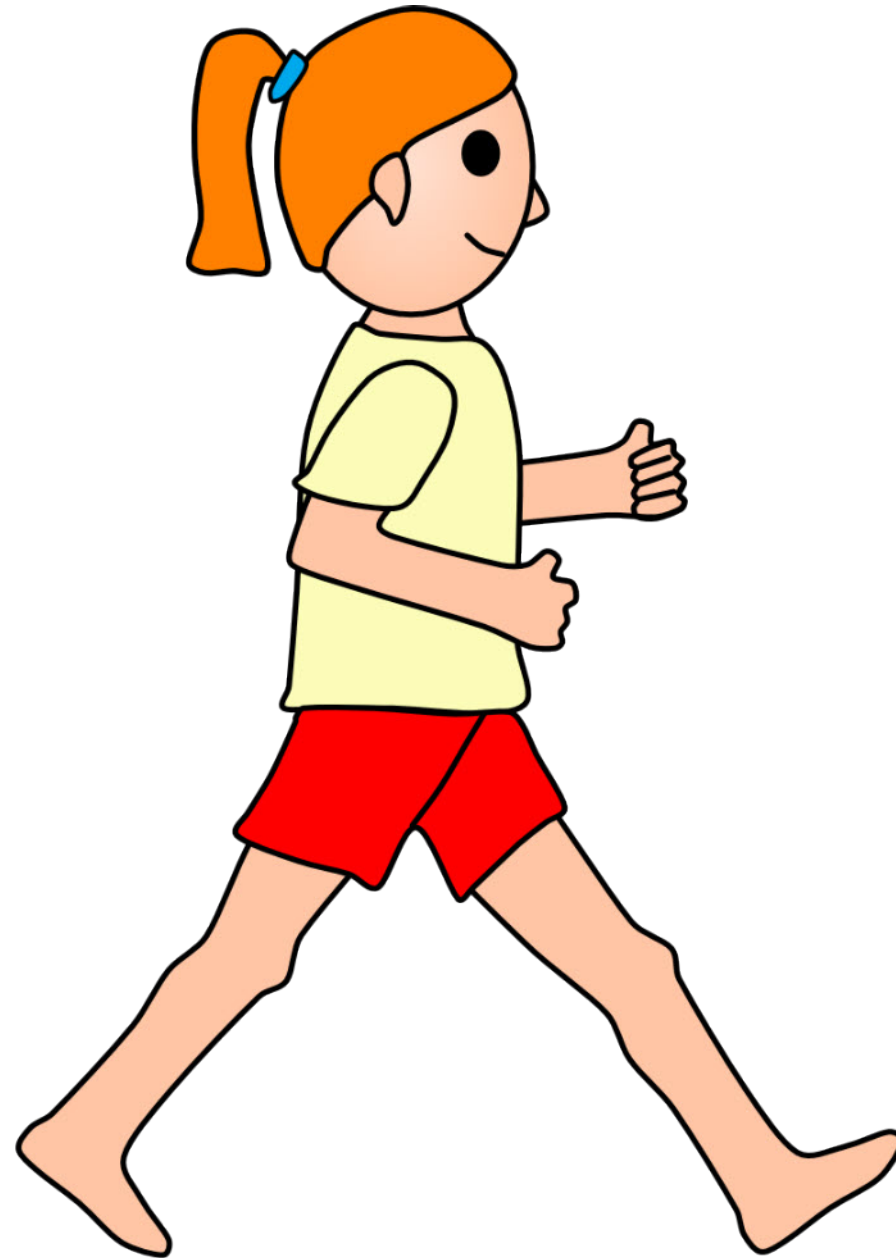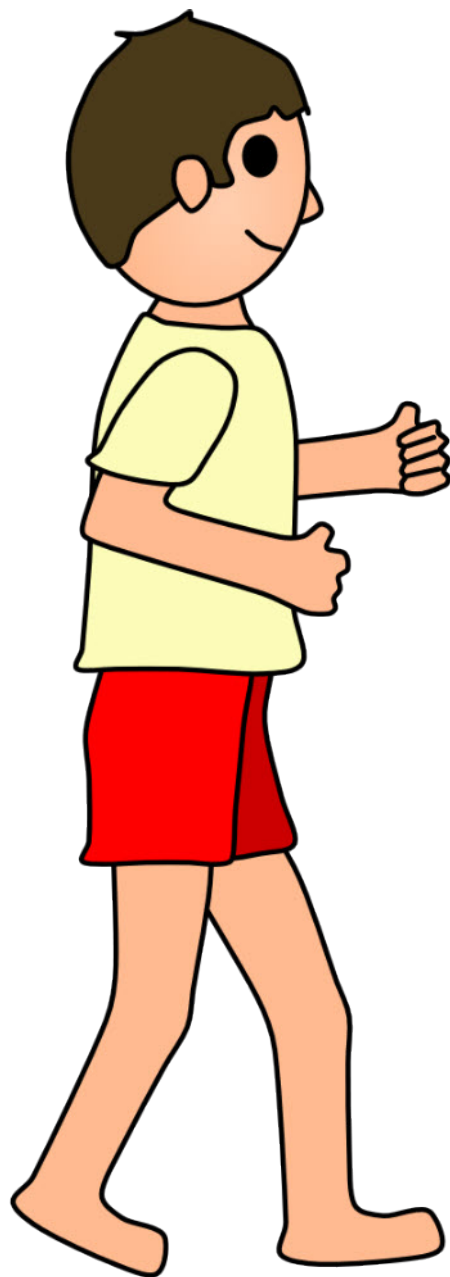
sharp/ponted

Speed

fast

Speed
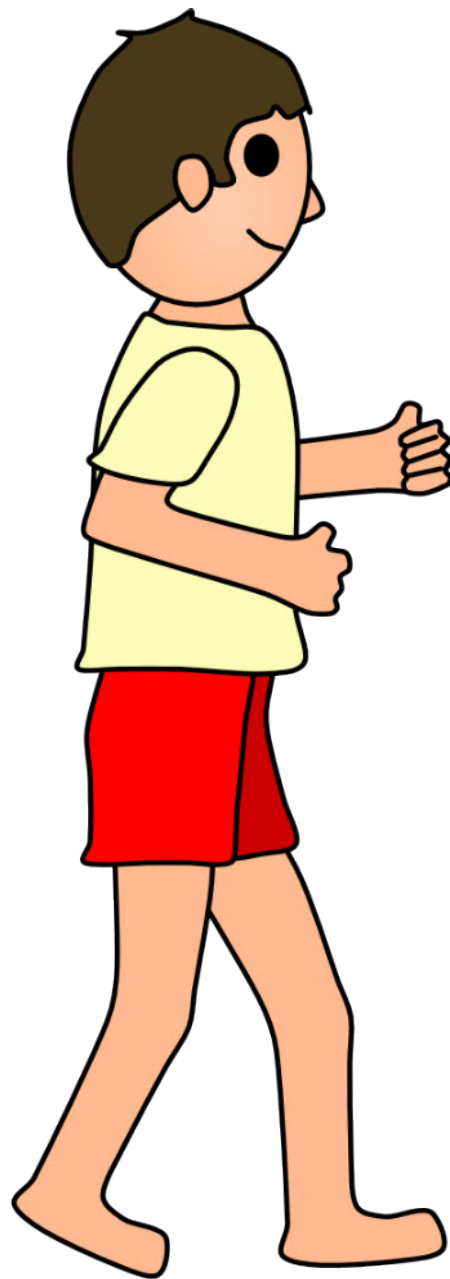
Speed

slow

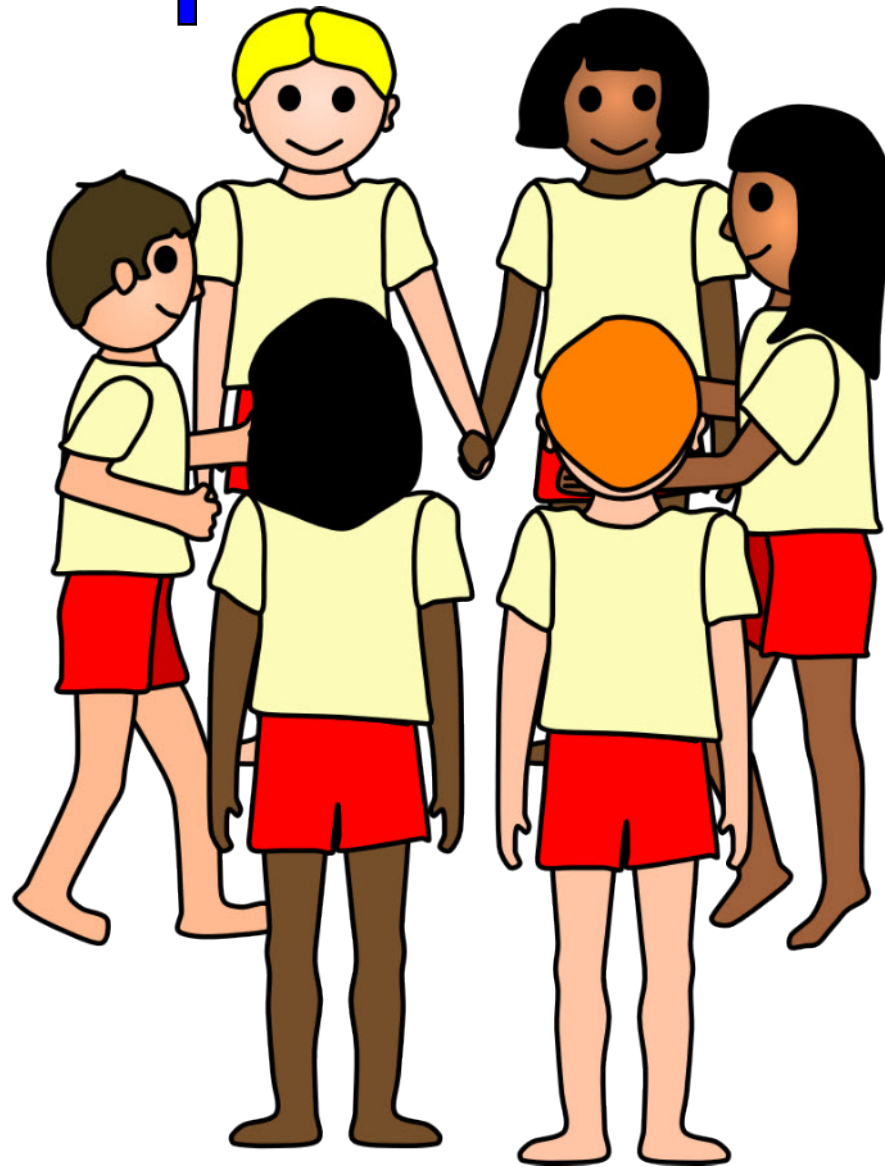# Steps

long

Steps

Steps
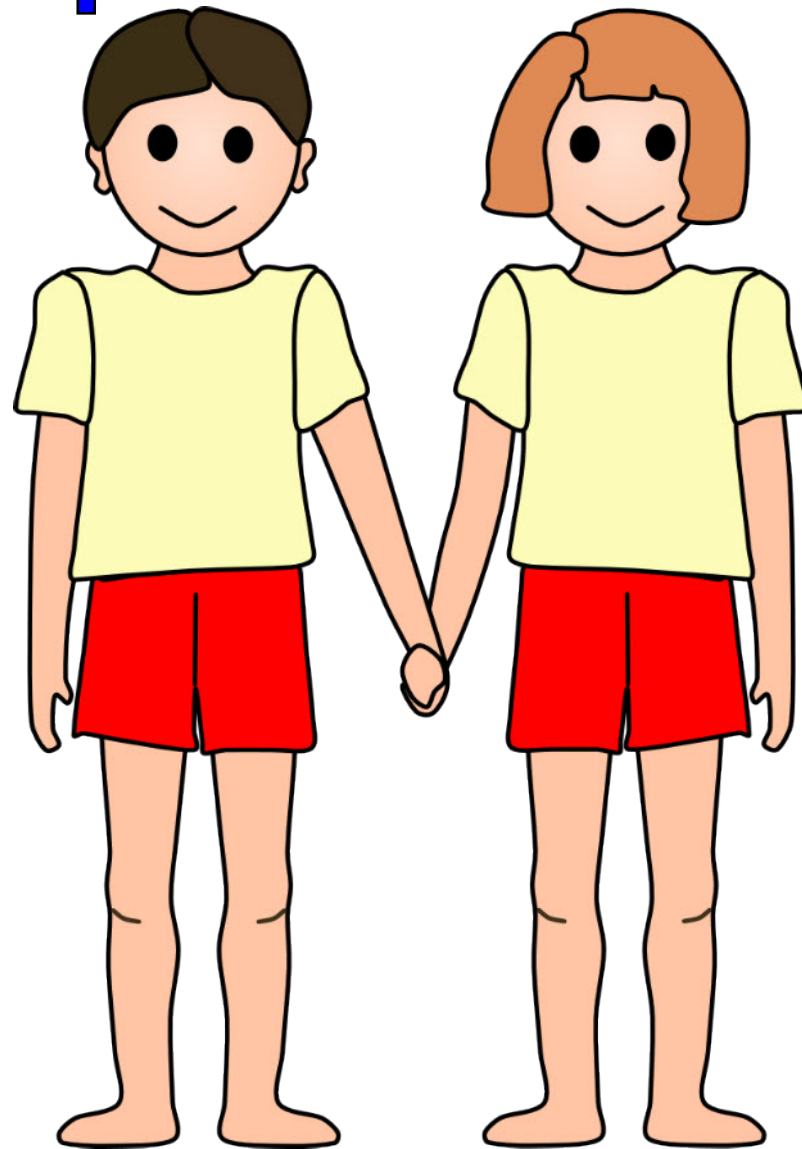

short

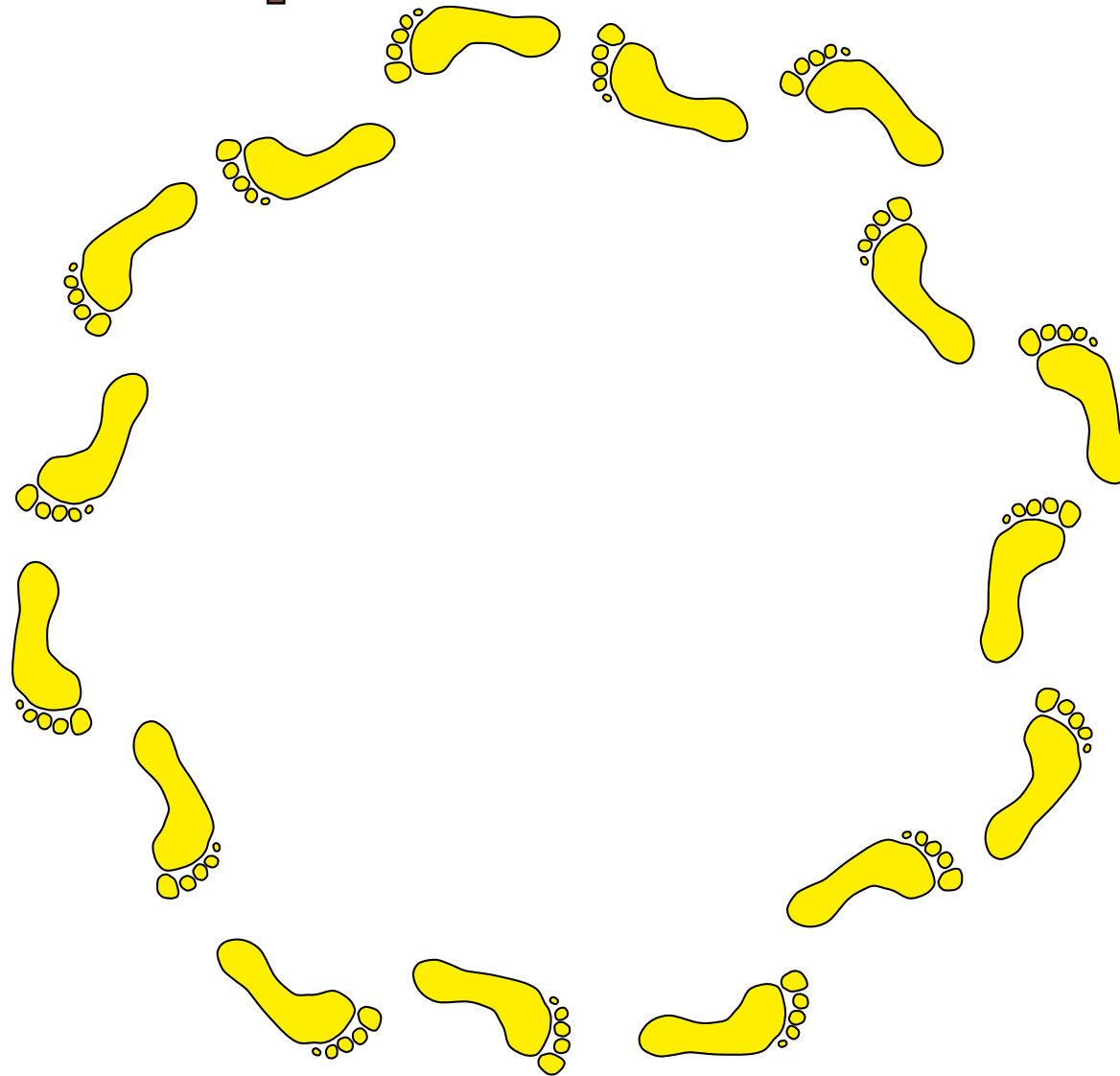# Relationships

alone

Relationships
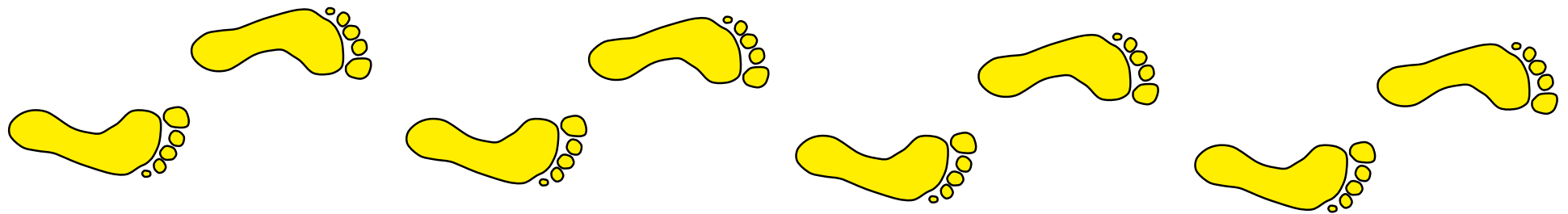

group

Relationships
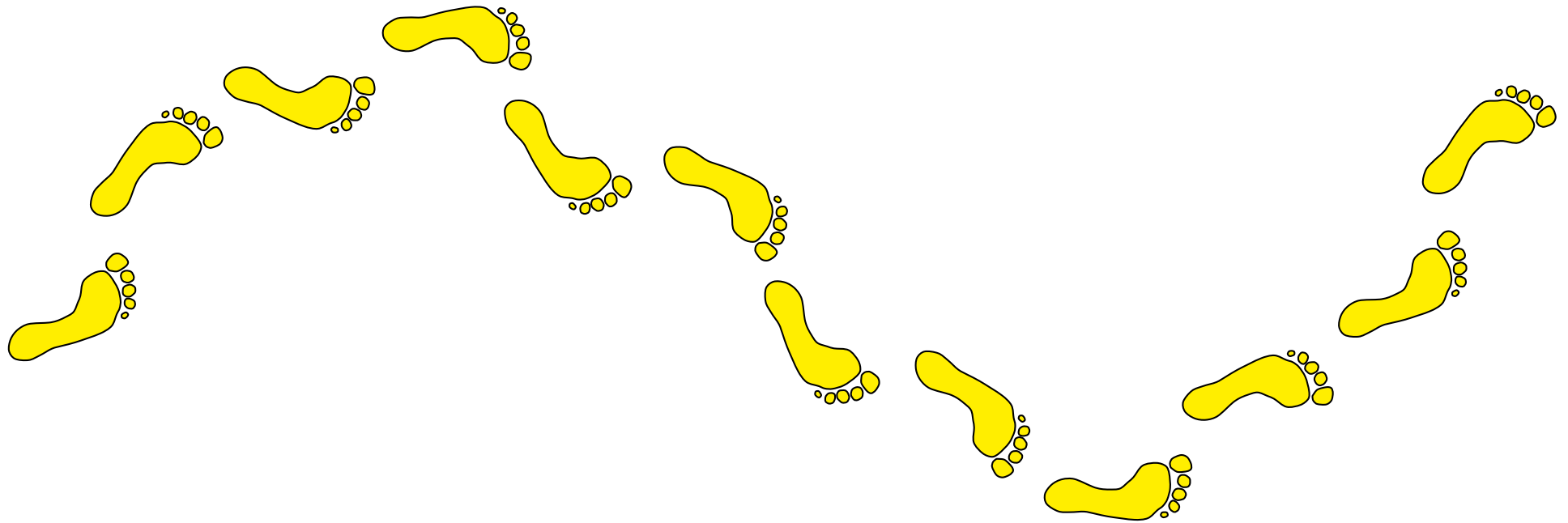

pairs
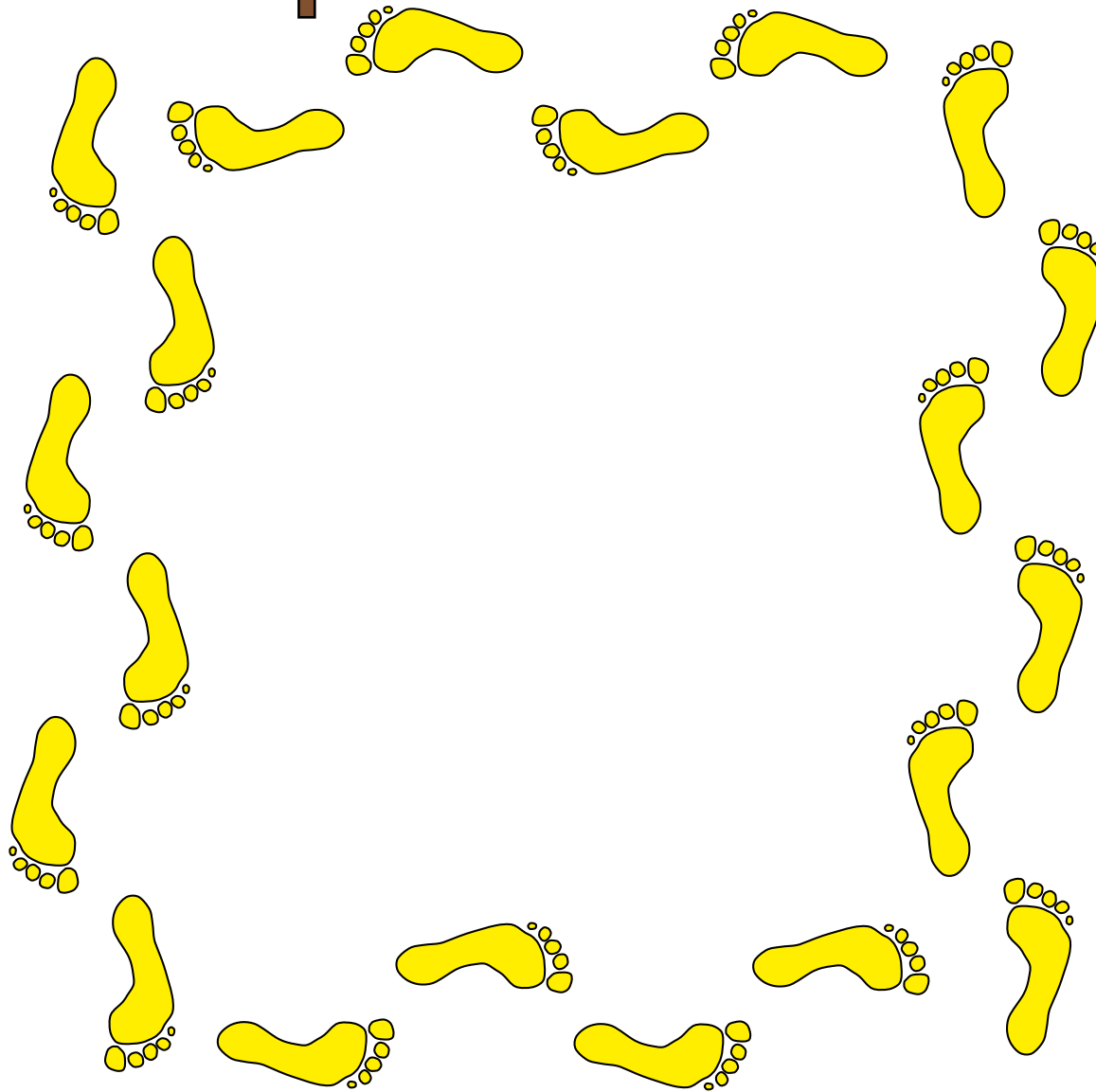
Movement patterns

circle

Movement patterns

straight line

Movement patterns

snake

Movement patterns

square