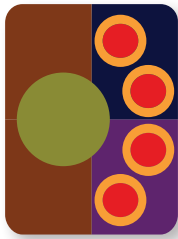


The **MUVE** Motion Cards - Overview



Turn



One Side



Back



Bend



Body Parts



Rattle



Balance



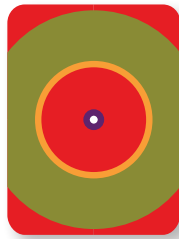
Low



Gyrate



Hop



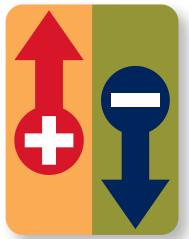
In/Out



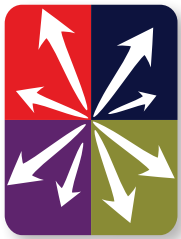
Push



Travel



Tempo



Point



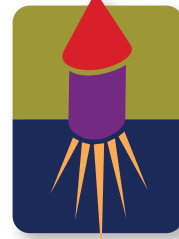
Release



Rhythm



Reach



Energize



Rotate



Kick



Scoop



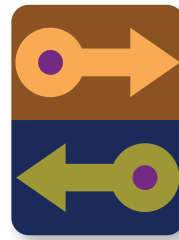
Catch / Throw



Space



Swing



Switch



Pull



Shake



Slow



Up



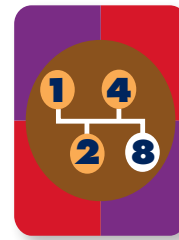
Front



Big



Small



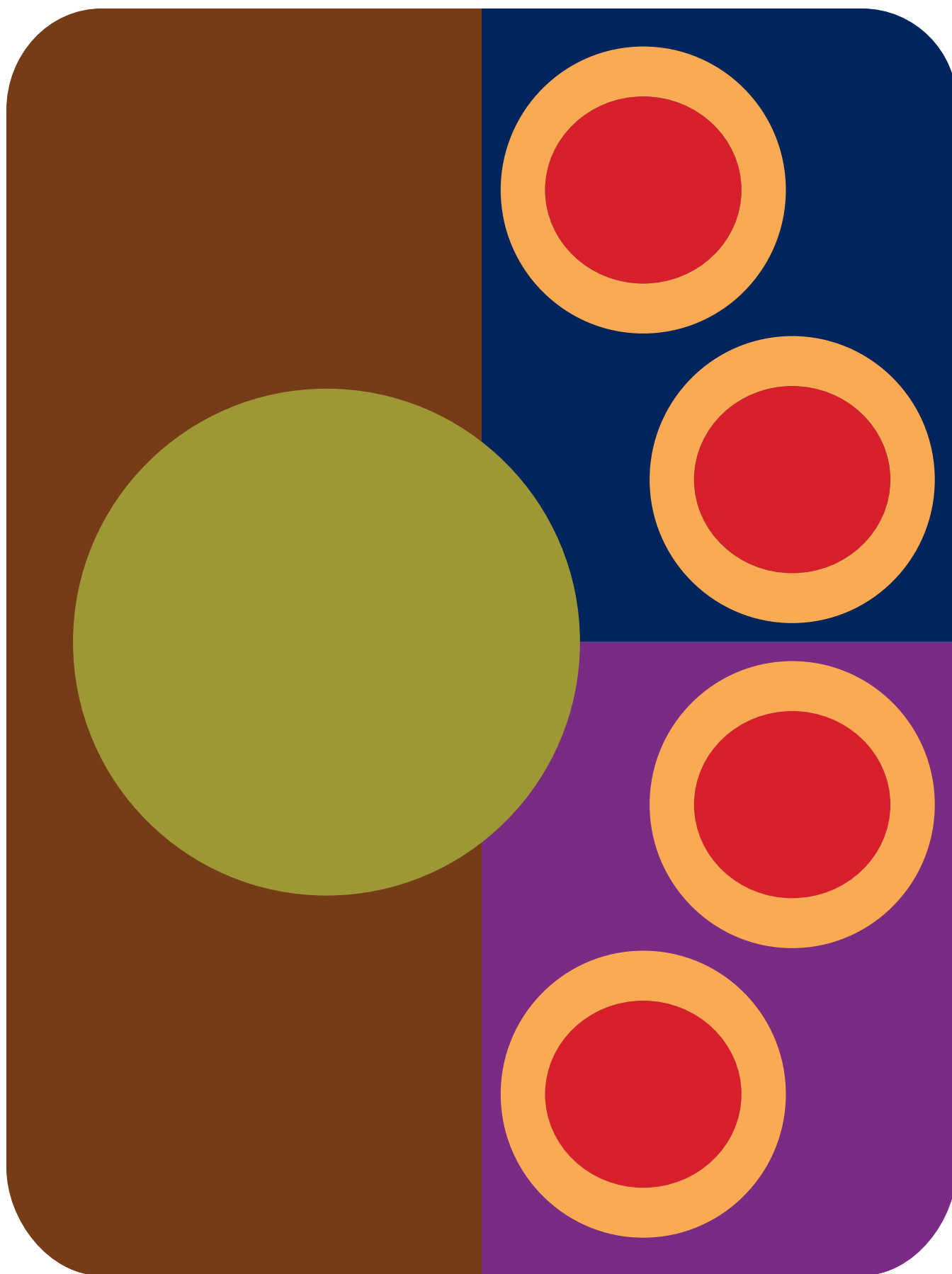
4 Counts



Any Move



Turn



One Side



Use Space Behind

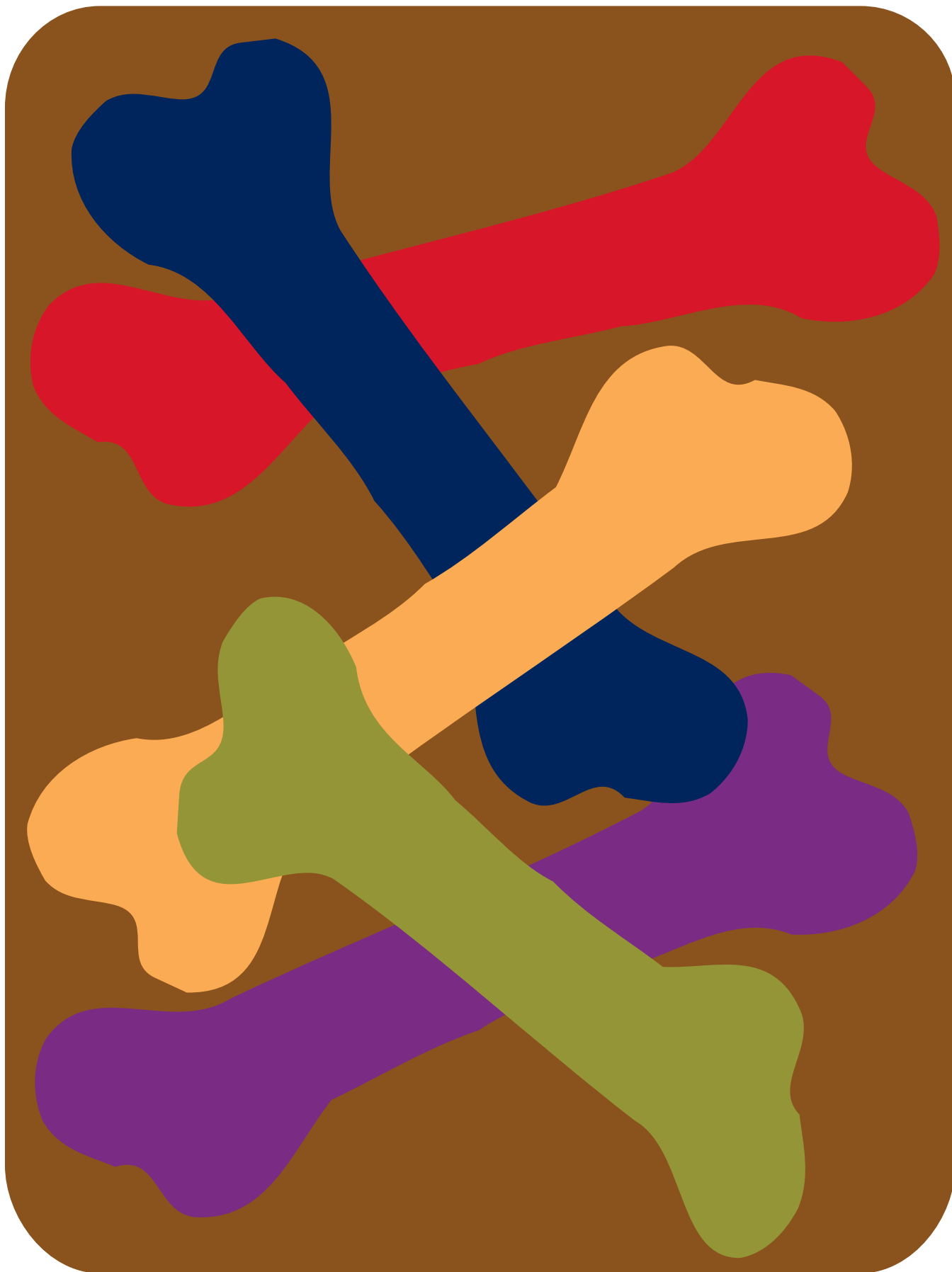


Bend

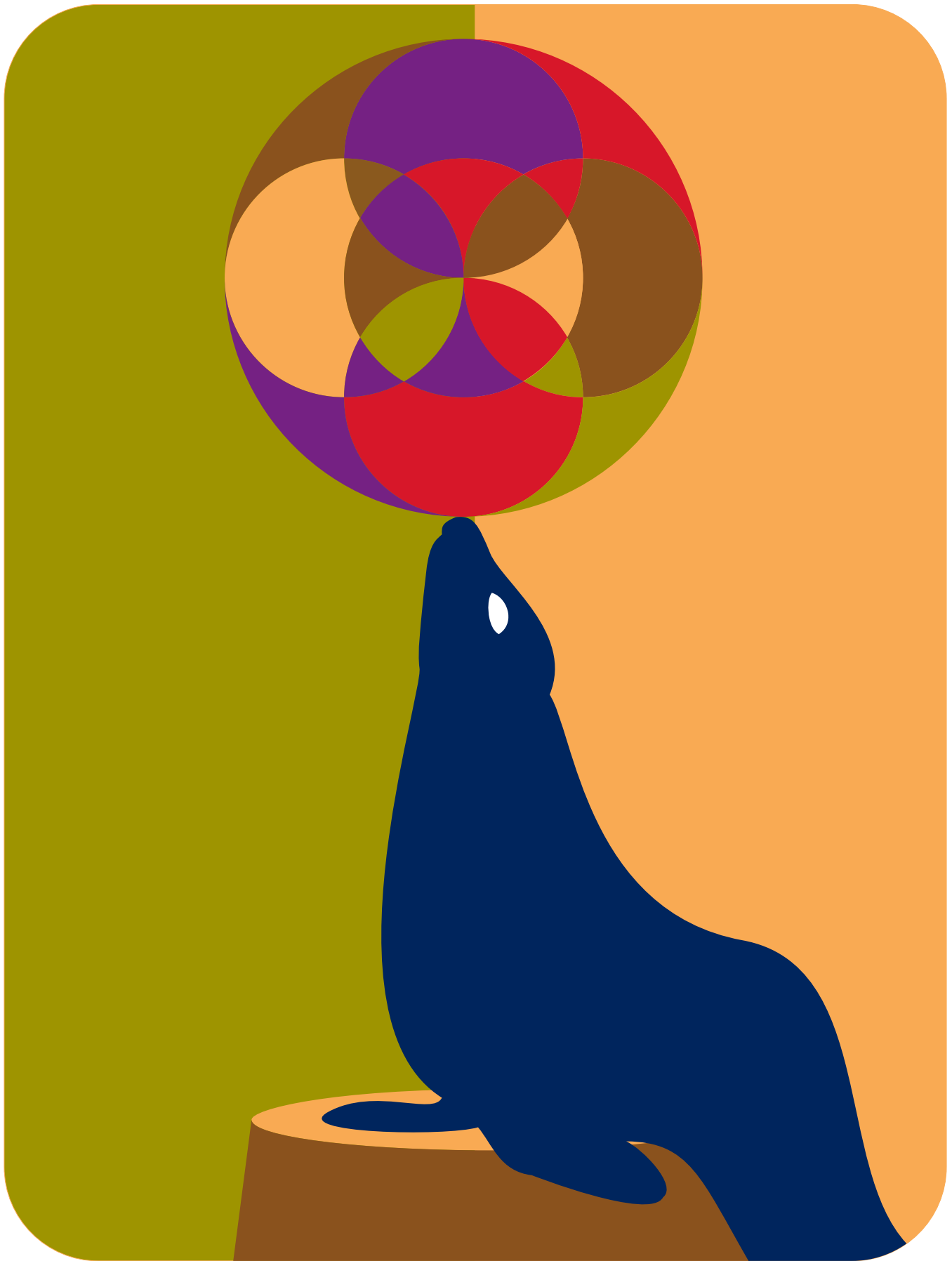


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Body Parts



Rattle Bones



Align/Balance



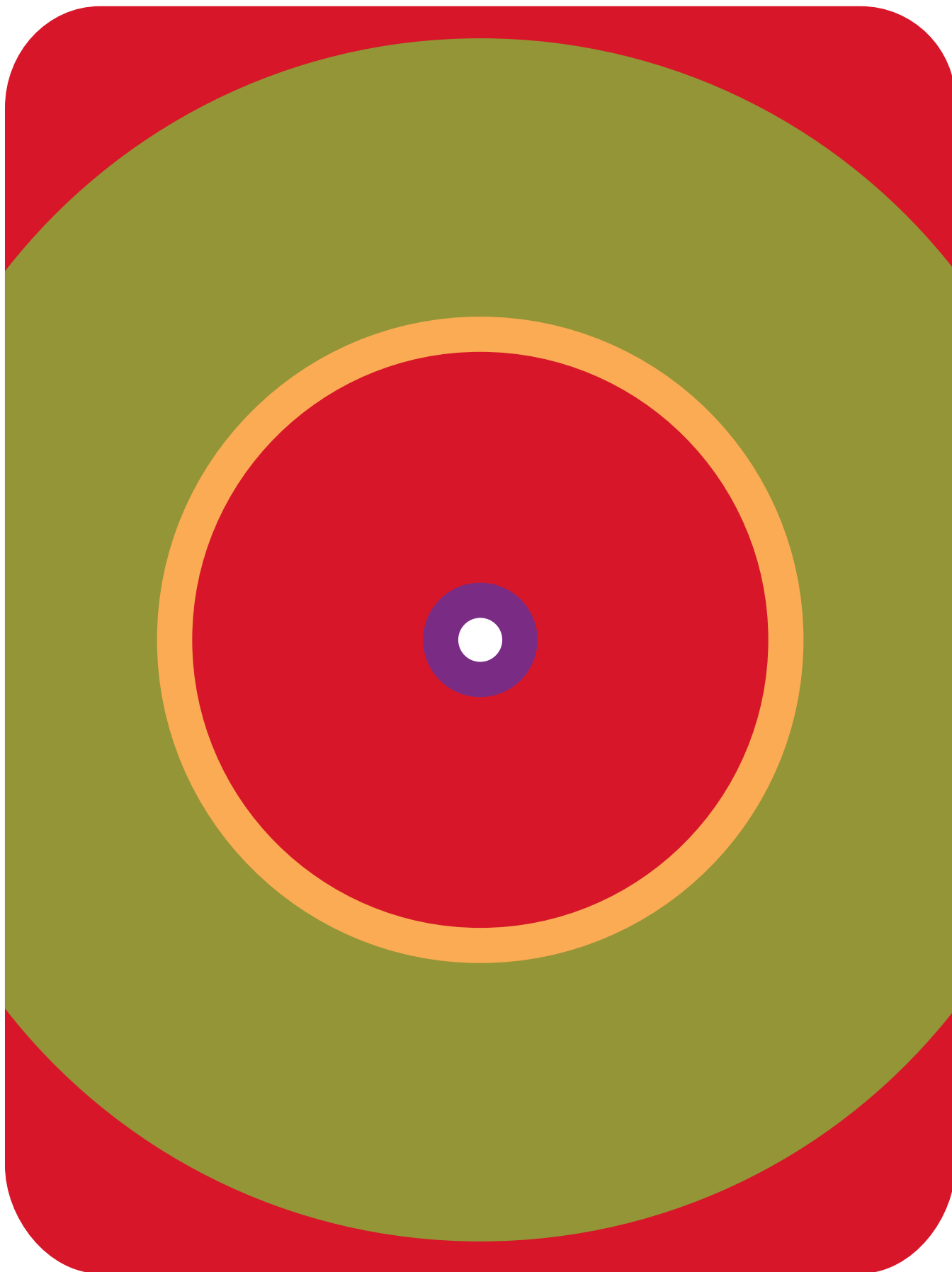
Low



Gyrate



Hop



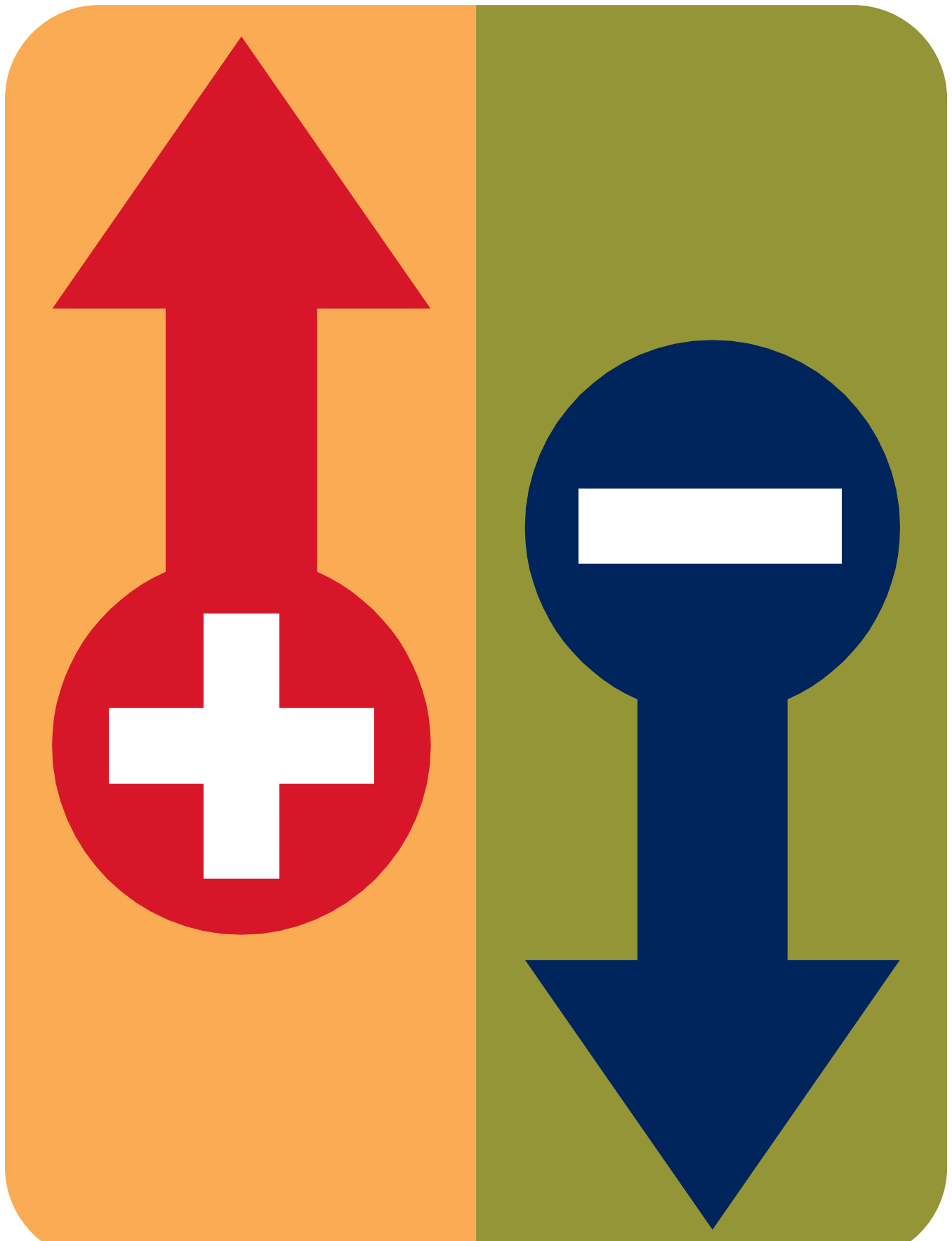
In/Out



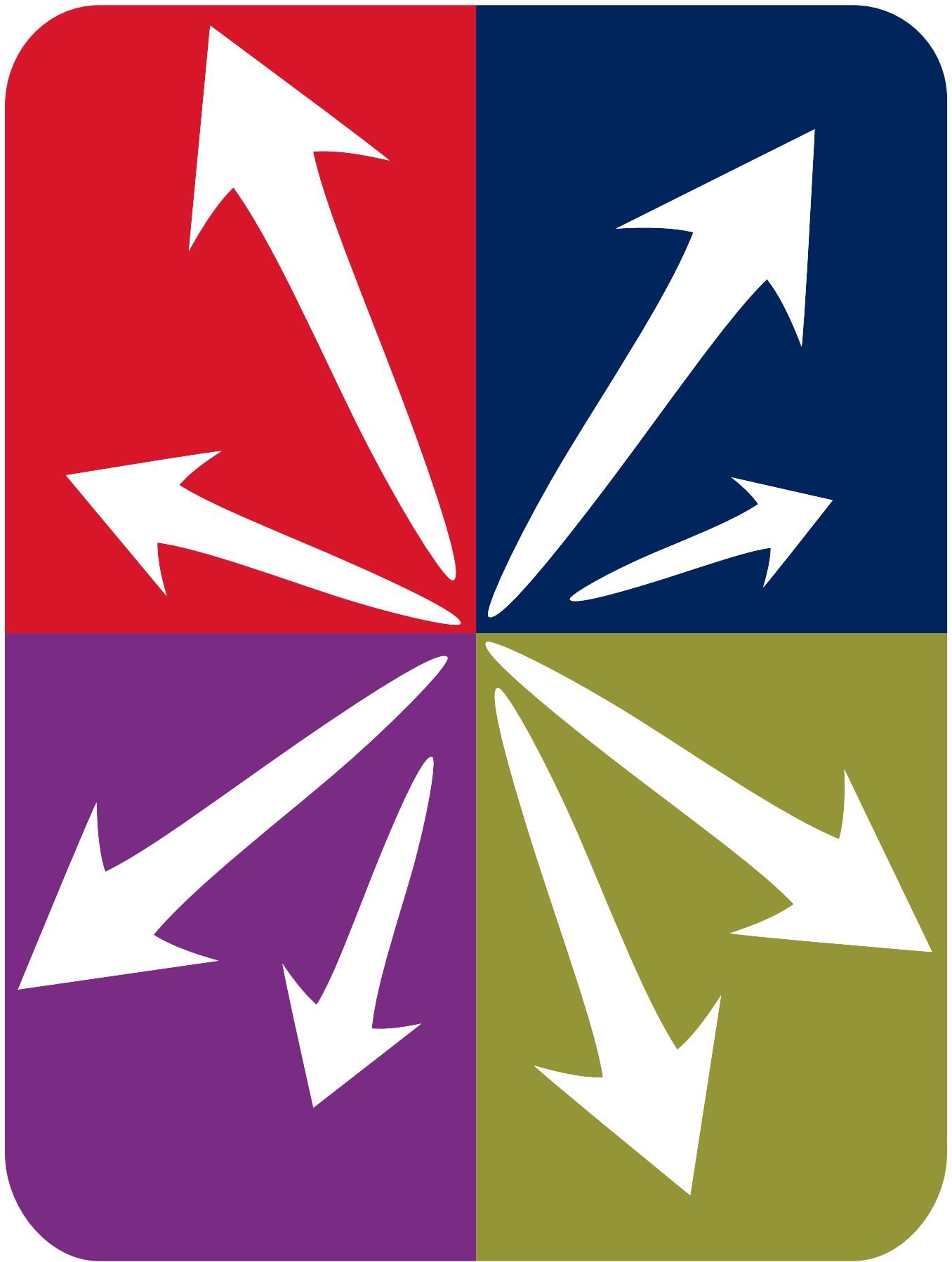
Push



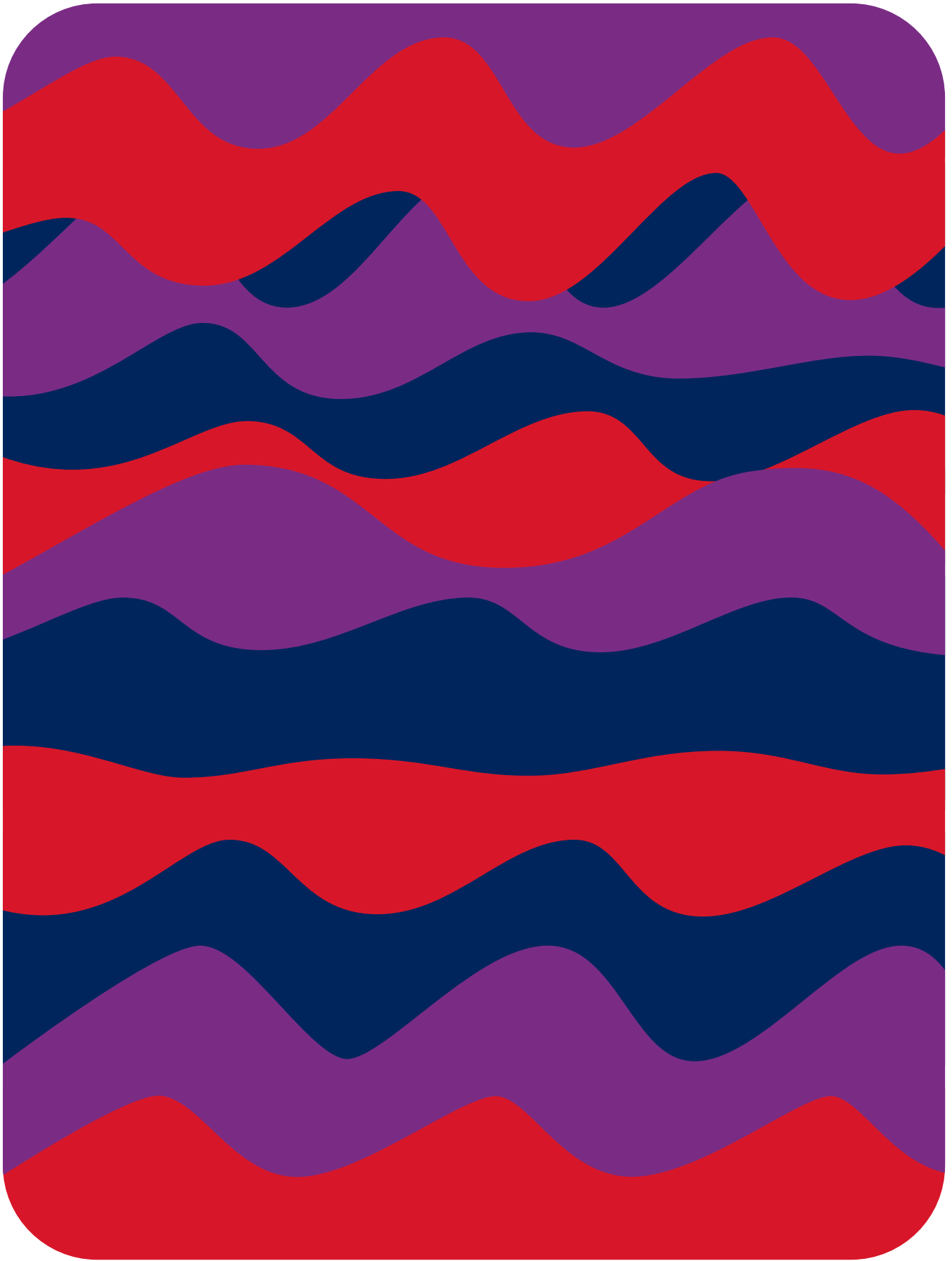
Travel/Planes



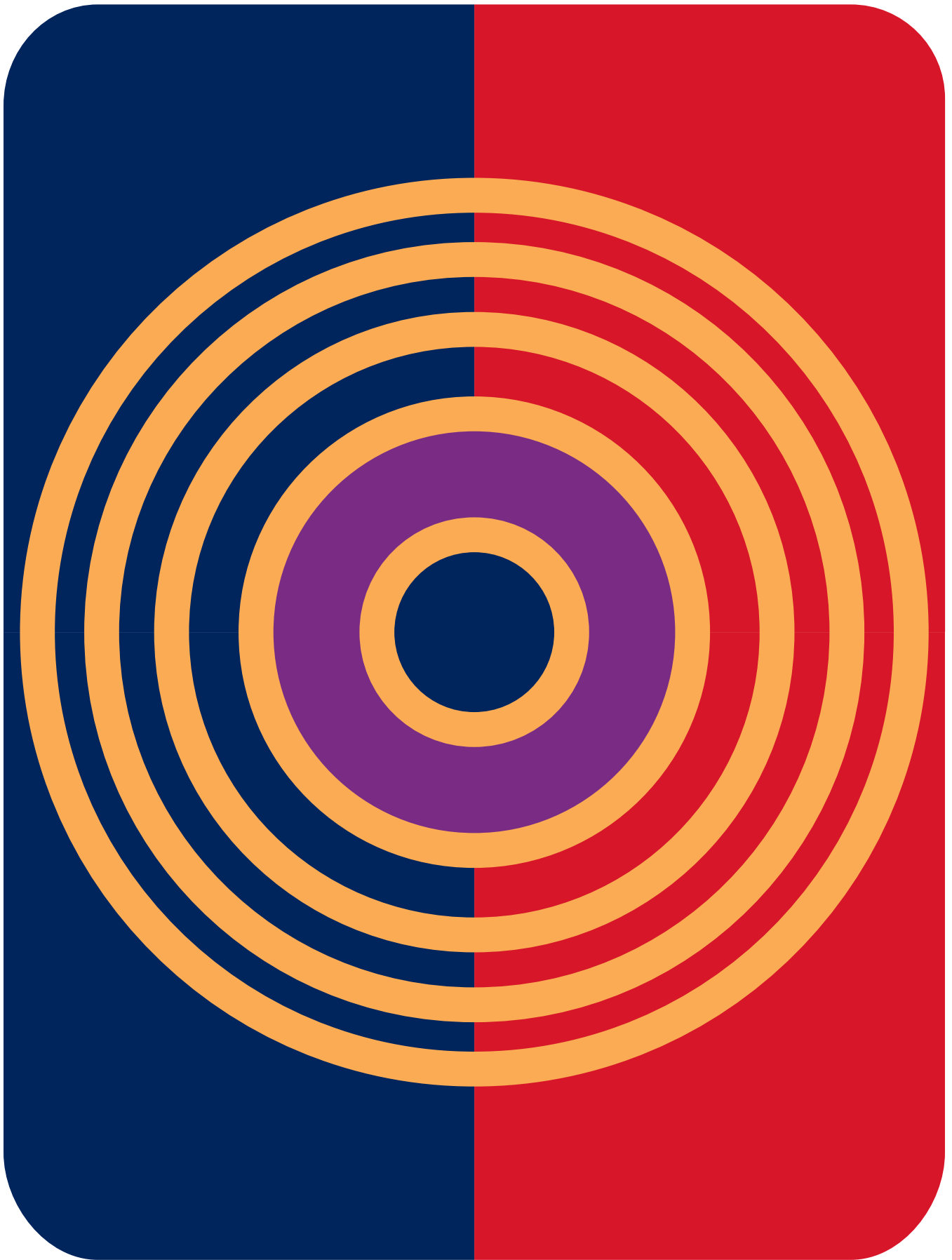
Faster/Slower



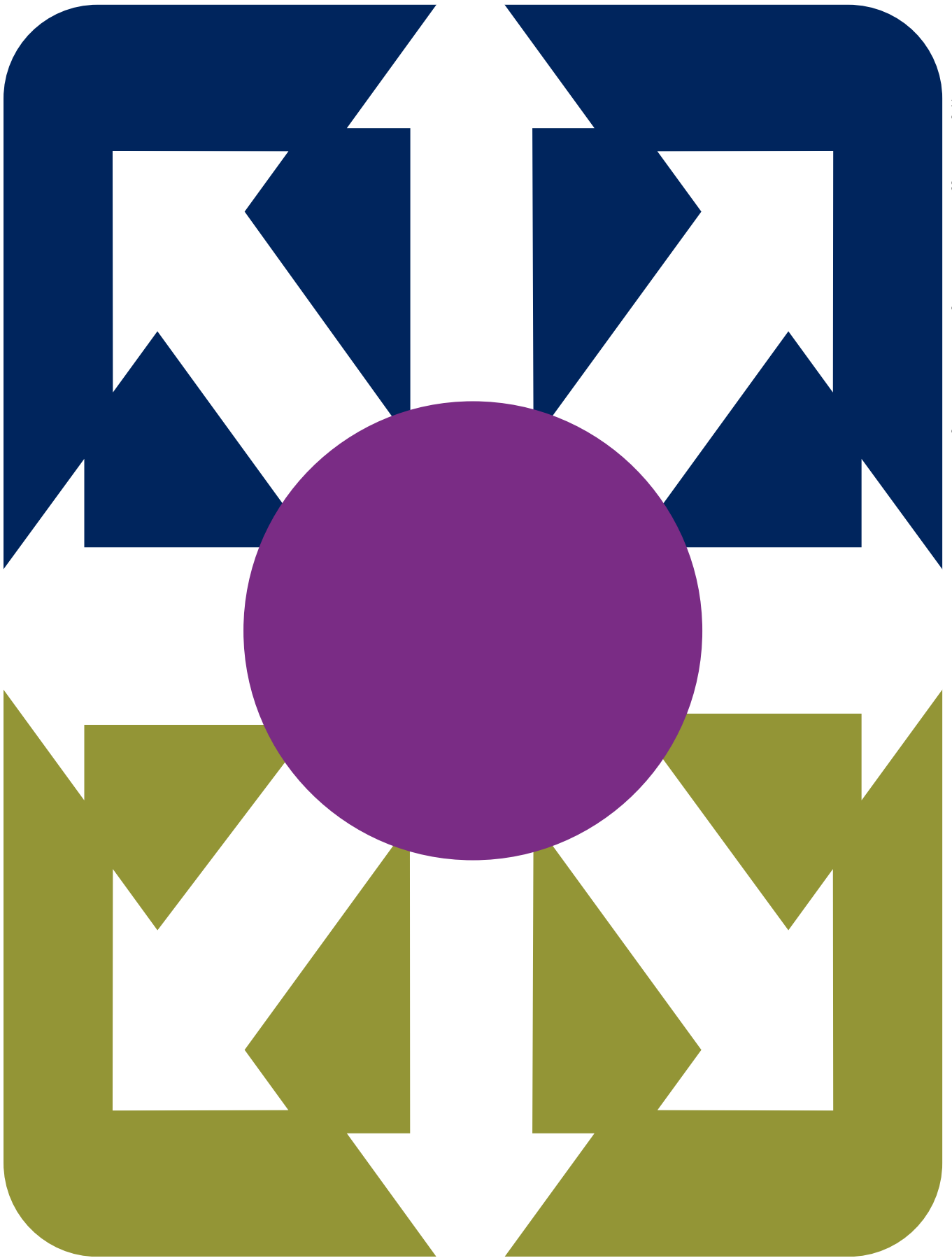
Point



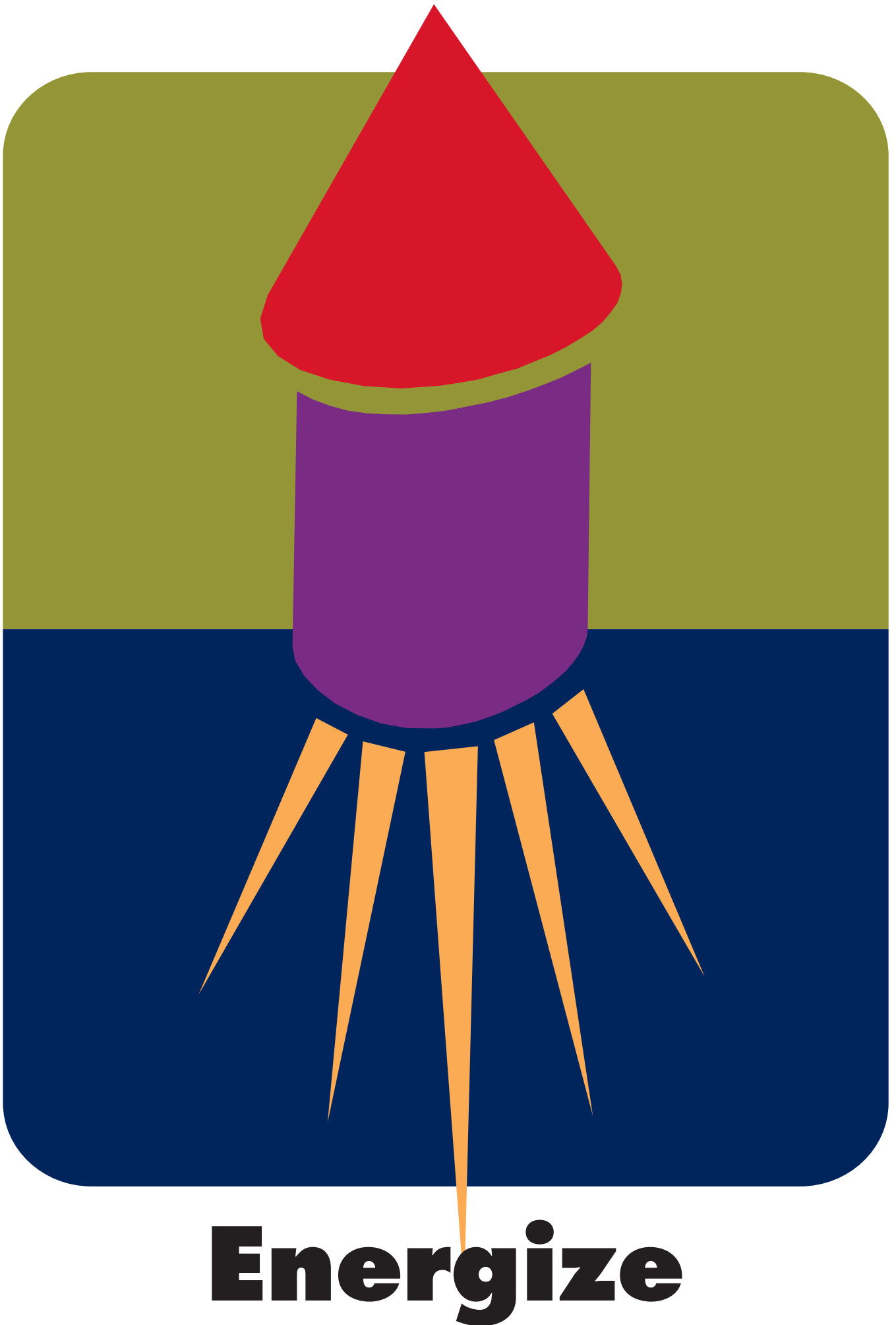
Release/Relax



Catch Rhythm



Reach



Energize



Rotate



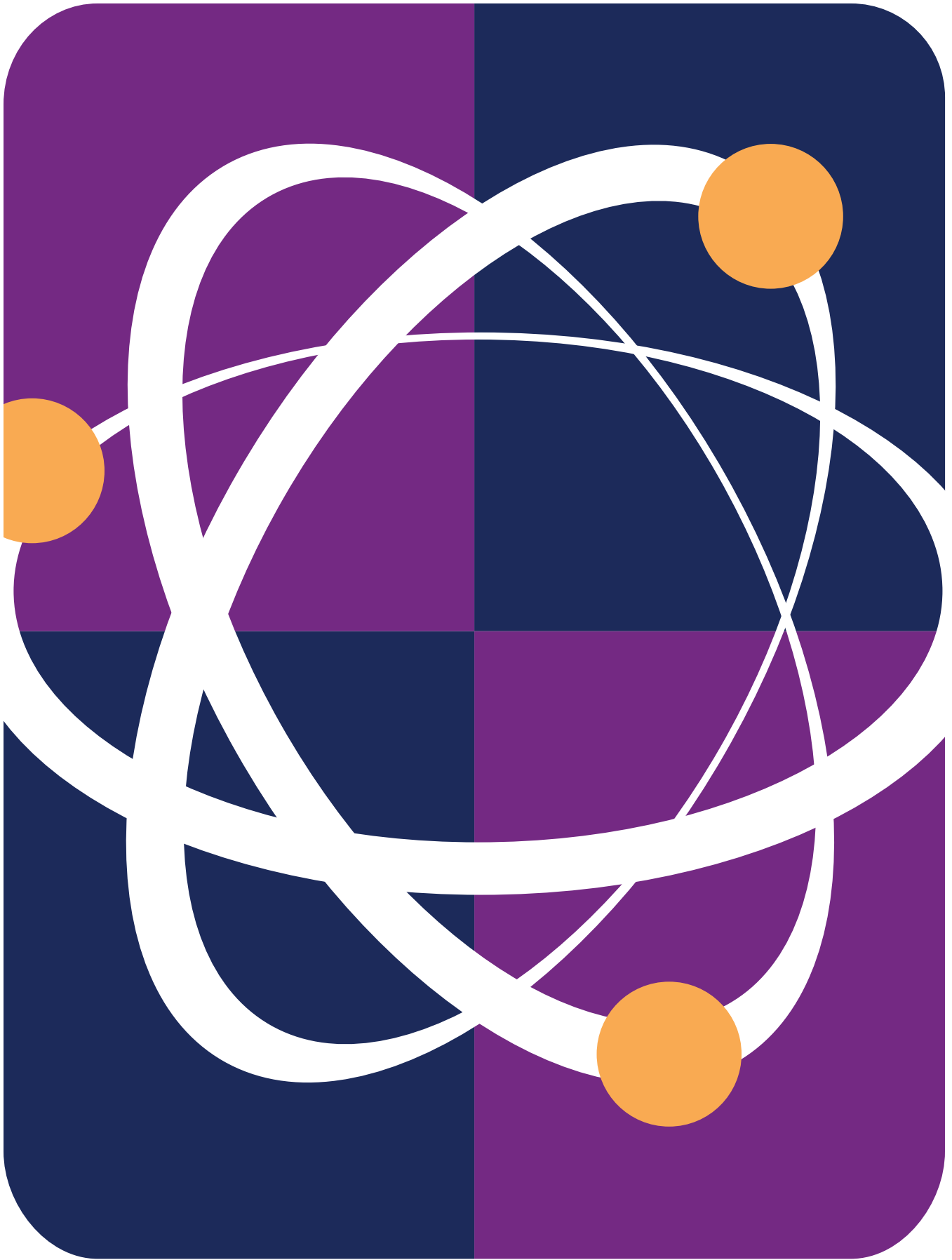
Kick



Scoop



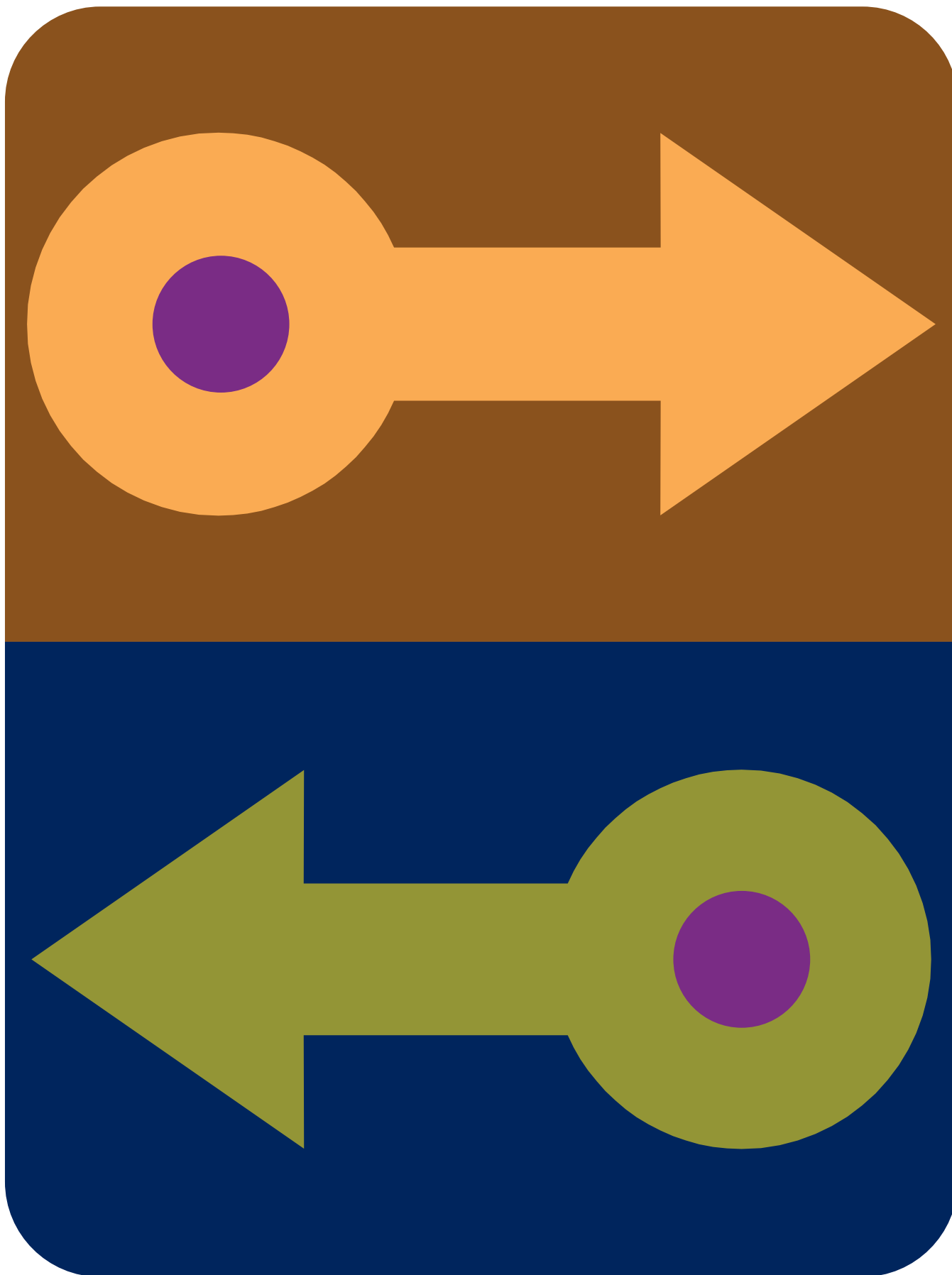
Catch/Throw



Explore Space



Swing



Switch



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Pull



Shake



Slow



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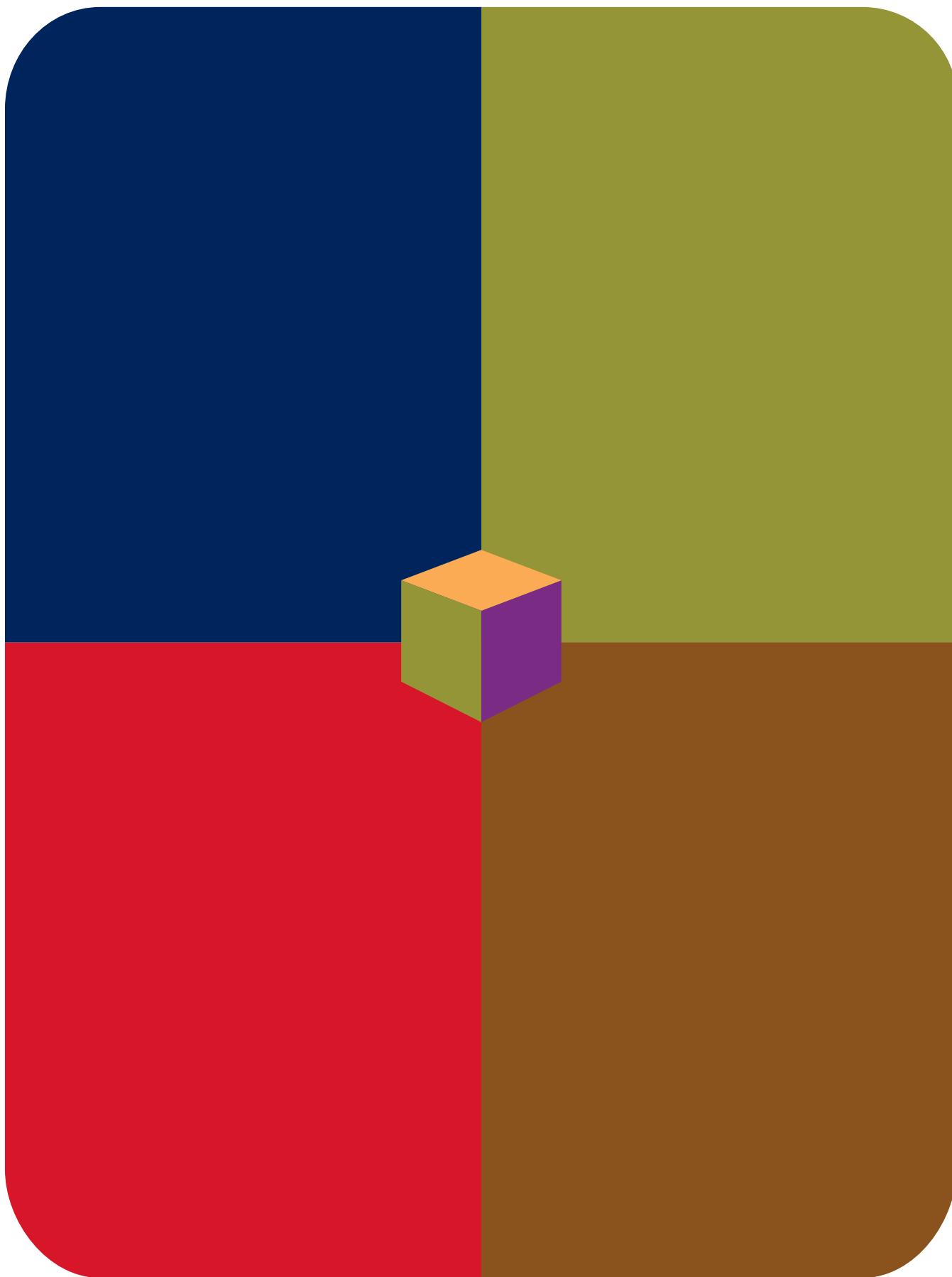
Space Above



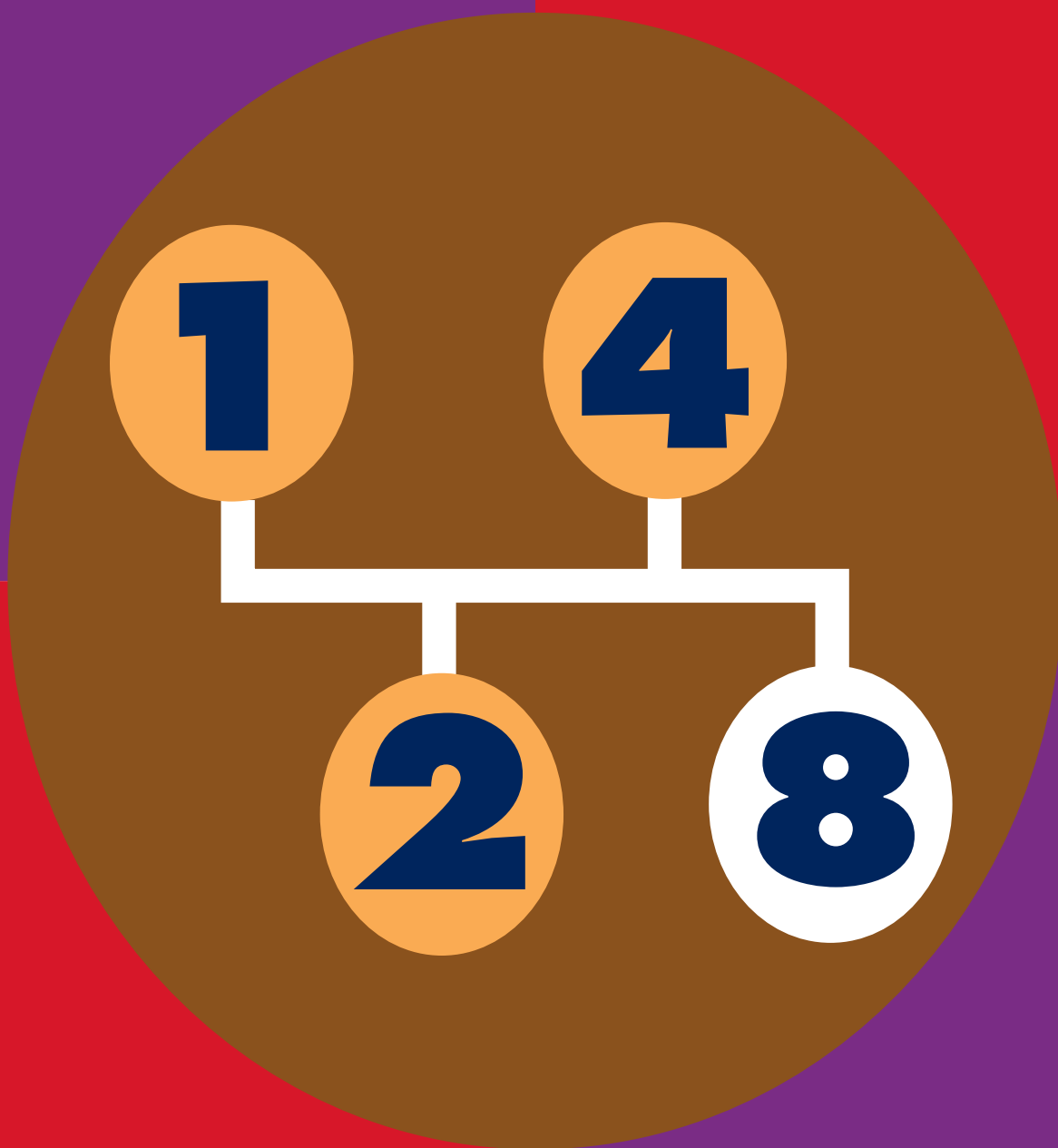
in Front



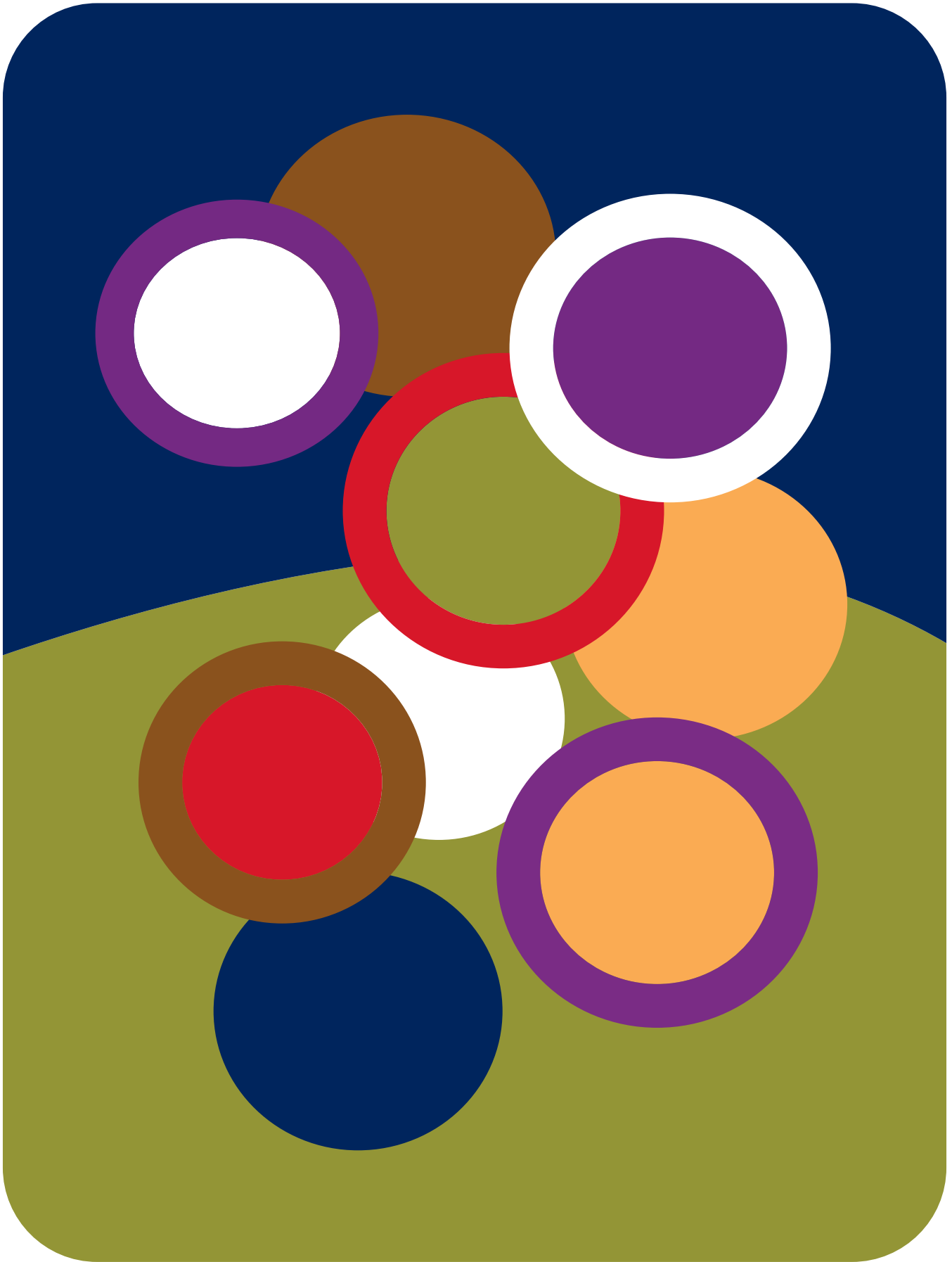
Big



Small



4 Counts



Any Move