

Key Scandinavian Dance Themes

1. Enjoyment
2. Alignment
3. Balance
4. Flexibility
5. Full or whole-body movements
6. Turning, pivoting
7. Moving, progressing in the dance direction
8. Coding movements and leading movements
9. Decoding and following through with movements
10. Music
11. Rhythm
12. Svikt – the down and up movement characteristic in Scandinavian dance
13. Care for one another
14. Fun & Enjoyment