Today, in dance class we were sharing and filming our solo dances. We all had to choose three words to represent ourselves and the dance. The words I picked were: active, excited and happy. The movements I used were:

1. \[ \bullet \rightarrow \bigcirc \times 2 \]

2. \[ \bigcirc \rightarrow \bigcirc \rightarrow \bigcirc \rightarrow \bigcirc \times 1 \text{ each} \]

3. \[ \bullet \rightarrow \bigcirc \times 2 \]

4. Repeat step 2

5. \[ \bigcirc \rightarrow \bigcirc \rightarrow \bigcirc \rightarrow \bigcirc \rightarrow \bigcirc \times 1 \text{ each} \]

6. \[ \bigcirc \rightarrow \bigcirc \rightarrow \bigcirc \rightarrow \bigcirc \rightarrow \bigcirc \times 1 \text{ each} \]