SUBJECTNEST · FOUNDATION DANCE

Tiny chosen dance or plan · marks are reminders

C · CHANGE ONE LITTLE PART

BEFORE · same action idea A

1 A
FLOW


2 A
FLOW


3 A
FLOW


FINISH · outside the movement moments

AFTER · middle quality changes

1 A
FLOW


2 A
PLACE


3 A
FLOW


FINISH · outside the movement moments

Keep, change or stop your own idea.

The marks are a plan, not physical skill evidence.

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