

# MOVEMENT ALPHABET

<b>A</b>	Arch, advance, arrive	<b>N</b>	nod, nudge
<b>B</b>	bounce, burst, balance, bend	<b>O</b>	open
<b>C</b>	creep, curl, crawl, circle, crouch, collapse,	<b>P</b>	pounce, pause, pulsate, push, pull, punch
<b>D</b>	dart, drag, dive, drop, dodge	<b>Q</b>	quake, quiver
<b>E</b>	escape, elevate, extend, enter, explode	<b>R</b>	roll, rewind, reverse, reach, run, rise, rest, retreat
<b>F</b>	float, freeze, fly, flop, fall, fling	<b>S</b>	spin, sway, slither, stretch, sink, skip, settle, step, stalk, stop, slide, swing, sag
<b>G</b>	grow, give, gesture, glide	<b>T</b>	turn, travel, tip, twist, tilt, touch, tiptoe, throw, twitch
<b>H</b>	hop, hover, hold	<b>U</b>	undo, upturn
<b>I</b>	invert, isolate	<b>V</b>	vanish
<b>J</b>	jump, jerk, jab, jive	<b>W</b>	wiggle, wobble, walk, whirl, wave
<b>K</b>	kick, knot, kneel	<b>X</b>	expand
<b>L</b>	lunge, leap, lean, linger, lift	<b>Y</b>	yoyo, yawn
<b>M</b>	move, meander, melt	<b>Z</b>	zigzag

Can you add your own words to this list?