

## followers

**counter-tension**  
**momentum**  
**follower track**

## leaders

**intention**  
**direction**  
**body lead**

## foundation

**frame**  
**grounding**  
**body isolation**

## variations

**steps**  
**timing**  
**decoration**

## structure

**opening**  
**play**  
**stretch**

## moves

**push**  
**side pass**  
**whip**

**learn wcs**

