**Phrases: Dance for Parkinson’s Disease Phrases**

1. Power of dance
2. Stretch and strengthen muscles
3. Movement heals
4. Develop artistry and grace
5. Engage the mind
6. Engage the body
7. Enjoyable social environment
8. Foster creativity
9. Experimentation with movement
10. Spatial awareness
11. Dynamic coordination
12. Creative possibilities
13. Instills confidence
14. Mental stimulation
15. Connects mind to body

Source: <https://danceforparkinsons.org/about-the-program>

**Phrases: Dance Expressions**

1. Art in motion
2. Dance the night away
3. Strut your stuff
4. Burn up the dance floor
5. Dancing on air
6. Two left feet
7. Put on your dancing shoes
8. Slow dance
9. Dance cheek to cheek
10. Body placement
11. Clarity of line
12. Correct alignment
13. Dance step
14. Motif development
15. Movement image
16. Parasite tension
17. And count
18. Break it down
19. Eight count
20. Full out
21. Half-time
22. Marking the routine
23. Pas de deux
24. Paso doble
25. Pas de bourrée
26. Break dancing
27. From the top
28. Walking the routine
29. Find your window
30. Close your feet
31. Keep your head up
32. Lock your frame
33. No spaghetti arms
34. This is my dance space
35. This is your dance space
36. Feel the music

Source: <https://preply.com/en/blog/2015/09/17/let-s-dance-10-interesting-expressions-in-english-that-relate-to-dance/>; <https://www.contemporary-dance.org/dance-terms.html>; https://www.arthurmurraylive.com/blog/14-things-dance-teachers-say-the-most