



Dance Reflection

—for class, rehearsal, or a performance—

Dance: *Improv Class*

Place: *Miss Janet's Studio*

Date: *February 16*

Time: *1:00pm - 2:45pm*

- My strengths as a dancer today:

Today I felt my body have an extreme release of tension. I felt comfortable trusting my peers to hold my weight; I feel infinitely less fear now when it comes to worrying about whether or not the movement will be successful or I will fall.

- My weaknesses as a dancer today:

I felt very self-conscious when Miss Janet was watching us during our group improv. While I do usually try to keep my mind on my alignment and make a conscious effort to stay in-tune with my body, I feel like I've been overthinking it. When she's watching, I worry about how I'm doing.

- Our strengths as a duet, trio, or ensemble today:

I LOVED working with Delia. I felt like we formed such a wonderful connection and trust between each other that transcended the friendship we already have. I rolled on top of her back at one point and the push back she gave from her spine not only elevated me off of my feet, but also rotated my contact point, flipping me onto my ribs, and I was floating above the floor for a split second. It felt like defying gravity. It reminded me of going on my favorite roller coaster. It was exhilarating.

- Our weaknesses as a duet, trio, or ensemble today:

We were so into our duet that I stopped paying attention to the other dancers in the room and accidentally bumped into Adam! He wasn't hurt, but it taught me that I need to pay more attention.

- Whose performance did you most admire today and why?

Susannah and Matt's duet was beautiful. They seemed so connected and as though the movement just flowed out of them. It looked like it was choreographed! They performed with grace and energy and were such a joy to watch.

- Other comments (e.g., working as a company or ensemble, attitude, preparation, supporting other dancers....)

During the performance pieces, I felt more in-tune with the group and felt like we were all more committed as a whole. Having the option to break from contact expanded the possibilities of impulses we could delve into, which led to more playful and personally beneficial group work than I'd felt thus far. I can feel us all becoming better performers.

Dancer Check-in

Above Average (+) Average (O) Below Average (-)

Health: O

Nutrition: Grains: O

Sleep: -

Protein: -

Hydration: +

Veggies: -

Fitness: O

Fruit: +

Life Beyond Dance: O

I'm really tired. I should probably try to sleep more, but it's really hard to find time between rehearsal, class, and homework. I hope it will get easier once I turn in my English paper on Friday.

Notes and Scribbles:

Quote of the day from Erin!

"I'm CRAZZZZZZZZZZIIIIIEEEE!"

LOL!