Reflection Dance united 03-10-22

Today at DU it was a good for my growth as a dancer, I feel I know the section of each part of the dance so far. With only 3 days to go I have found myself really knuckling down and trying my best to at least try with every new change and tweak made. For example, today with our laurel and hardy dance with the circle section we had learned Friday it was changed and we had to adapt to change which I found easy despite the fact I’m used to having the same routine.

Despite the intensity ramping up I think I can handle it and I can feel my control of my own body improving massively

To improve on myself as a dancer I need to make sure my balance is on point as I keep falling during the running section before we stop so I need to do more balancing exercises