Reflection Dance united 04/10/22

2 days before we perform. I have tried my outfit on which consists of a white sleeveless tank top white pants and a black over top, it made me feel like I was in a 2012 boy band but the costume worked for the piece. We had worked super hard today and worked on the finale of the choreography which involved walking patterns and my attention was all over the place to begin with and I had to brought back into the space to get on with it but I found my feet again. For some reason during the 2 counts of eight in the walks where you tilt your head, lean, tilt then hold I couldn’t get down the hold part which I need to improve ASAP. The previously mentioned circle section was changed massively which took a lot of time and effort to get used to but I think I have It down now. Doing the Tango was a lot and I kept knocking the rail every time I went under it and a lot of patience was required. I now need to nail tomorrow and make sure I know all the dances and transitions to make sure I know everything.

My stamina has been low so I need to do more cardiovascular practices before the performance to get in shape so I can last longer where it counts