Reflection 27/09/22

Today was my first day back at dance united. With my knowledge and ability of dance being very limited of dance and not being familiar or having much experience with dance it was a heavy struggle to be thrown into what had previously been rehearsed which I had missed from the week before.

Today I was introduced to what the rest of the group had been doing which involved a full dance piece and duet. I was able to follow the initial dancing and keep up with limited mistakes and with corrections on my foot placements. I felt not confident at all but I didn’t let it show and tried to do what I could.

If I could improve anything it needs to be my confidence as I have none in myself and that is needed to get my feet of the ground within dance, since its out of my comfort zone and I had never attempted the material shown it was very unnatural for me and I crumbled.

I crumbled with the contact work and trust sections of the duet which involved my being lifted trust falls and placing my weight into awkward positions on my partner which I wasn’t comfortable with doing and almost refused to. However, I was convinced to try it and got through it as much as I was terrified to do so.

A better incentive was part of today for me as a different section inspired by a piece by a choreographer from 1981 which involved repetition from everyone and was more acting than dance which was comforting to me and I took some enjoyment in doing so. Sneaking around the stage and acting sneaky and being above all patient with the process I found easier to do.

So overall the first day was a struggle and defiantly an outer world experience for me personally and I shall have to take each day as it comes.