Reflection 28/09/22

Day 2 for me on the dance united intensive dance project.

With the upcoming performance rapidly approaching in the next 5 days I know I have to really get serious now, but due to me still not being comfortable with the material from yesterday and “new “material being shown to me its really difficult to keep up. But despite the challenges I am facing with this process I persevered.

When the instructors told us, we had 5 minutes to create shapes with our bodies I was really confused as I had no idea what they meant to by this. We were taught more choreography and afterwards they wanted us to use what we had to create shapes with our own bodies to use in the other part of the piece. So when tried to after being shown one to one I was very uncomfortable and couldn’t decide on one thing and kept changing. The piece was okay afterwards although fast at parts and the work in a line with the other people around me was awkward since I had to get lunged forward and worked around my peers.

If I could improve on anything i need to get my self more recognition and praise for what I, doing since I suppose I’m not doing that bad for my second day with how far behind I am but I struggle to do so since im a perfectionist and want everything to be top notch but I over do it.

To overcome my problems I need to calm down and have more confidence and have more pride in what I am doing which will allow me to feel less awkward in what I do