Daily reflection Thursday 29-09-22

Today was focused on refining the dances we have learned and slowly adding in more and more. The laurel and hardy section I had struggled with is getting better more and more with every time we redo each section. I still think I had issues with parts but I’ve defiantly improved today

Things to work on:

Balance

Retention

Sharpness of moves

Note: I couldn’t remember what I did this day as it was written later than intended.