



Skills Log

The character I portray in this dance is a friend grieving from losing a childhood friend. My character will show lots of emotions during this dance. I show my character through my movement and the treasured item presented in my solo. This item holds a special memory that me and my childhood friend shared. My solo will show the importance in this item and the bond it holds between us. The other girls are part of the same friend group and we all come together through the death of our friend. Henry's character is the childhood friend who has passed away. His character shows how he is with us through the grieving process even if you can't see or hear him he will be there. Each girl will have a treasured item that shares a memory with the friend that died. These items will be the main focus of our solos making sure they are included and the audience knows what they represent.

We have all chosen contemporary for the dance. It helps us show the slow movements so the audience can feel what we are feeling. We have added many choreographic devices. Canon has been added to present the effect of grief and how it affects us all in the same way. At the start we all do the movements together to show the audience no one goes through this alone. This is shown with the letters we receive. We made sure to add many formations as possible to make our dance interesting for the audience. Our formations also help to tell a story throughout the dance. The solos and duets have also been added to show everyone's treasured memory.

My skills have definitely developed throughout the process of making this dance. Not even just performance skills but choreographic skills as well. We hope to put a strong message out to the audience when performing. I want the audience to feel safe and to know what they are going through is normal. My skills as a performer have improved such as my facial expressions which I really struggled with but I'm adding in new ones each time. More tricks like leaps, kicks and jumps have been added into my solo. This will really show how far I have come with my dancing. I have had a bigger input into this dance by coming up with new ideas each time. Formation ideas that I have come up with will be shown in the dance such as in the first part where there's three girls behind and two in front to show that connection.

The lifts are something I wanted to improve on. I will make sure to stay strong and that the lift will have a meaning and will connect to the brief. I

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[REDACTED]
[REDACTED]

have made sure to stretch during the week to really improve my flexibility and tricks. Being able to add more tricks into your dance will make it more interesting and exciting. Jumps, leaps and turns have been added to show levels in our dance. In my solo I have added a floor cartwheel. This took a few tries because you really need that strength to get off the floor.

My individual contribution consisted of many skills and techniques. At the start we lunge over to the side and bring the letters back over our heads. This shows our connection and friendship we share with each other. My solo will also involve a lift done with Henry to show the connection even though he's passed away he's still here in spirit. My solo will have a range of levels. You will see this by my going from a turn onto the floor. It shows the emotion the dancers are feeling and my treasured item presents even the smallest things can matter so much to someone. My solo will project a sad but powerful message that even when things seem bad they will always get better. Our dance links to the brief when each individual friend will show their treasured item in the dance which holds a special memory. The dance also demonstrates techniques like strength and rhythm.

There were many choreographers that inspired me but the one that stood out was Matthew Bourne. The famous choreographer Matthew Bourne is known for his choreography but also used to perform which he did for fourteen years. When I went and watched one of his productions it felt magical and like I was in the performance myself. The production I watched had no talking in it and just dancing. Somehow he still made sure the audience knew what it was about through movement and acting. I want my audience to really understand our message. Another reason I chose him was for the lifts he adds into the shows. That's why I wanted to add a lift into my solo.