

Practice: Learning movement of a dance through Fragmented sections

In the ballet workshop, the instructor taught us a dance in only one and a half hours. He taught us by describing the moves verbally to us. He then at the same time demonstrated the movements to us and we copied him. It was really easy to learn because I could actually see the details of the movements. Also with him describing the movements I am able to understand the requirements of a particular movement e.g. the required leg position of the front working leg in the stag jump or the arm movement in the drag run sequence. It also helped with a mirror in front of us. I could still see his movements clearly even though his back was facing us. Also with an instructor there helped a lot as I could ask him questions when I don't get a movement or a phrase. He also taught us in fragmented movements. He broke the dance into little phrases and then put them back together at the end again. Learning through fragmented movements helped me to remember the movements faster and being able to do the movement correctly. But learning in fragmented movements is not really good as when it is all put together I tend to forget what comes next and the transition to the next phrase is not flowing enough. I tend to dance it with a kind of little pause in between the fragmented phrases. It would help more if we had more time to do the dance over and over again until it eventually is smooth and flowing.

Prep Me Up - Activity Three

Improving a Challenging Phrase of a Dance Strategy and Plan:

In the dance Rainbow Etude I found many movements that are quite challenging for me. A phrase that I found most challenging to do is when we had to do a chaine and then doing arabesque at the same time turning and then kneeling down and lying down on the floor. This move is really fast that I can't get down on a kneeling position and lying down on the floor to be in time for clasping my hands together. I have always been a beat behind others. In order to get this movement right, I practise this little phrase separately from others and do it over and over again until I get it. I keep doing the leg movements first before I put in hand movements with it. I also seek help from the other dancers of how that little phrase is like. Also in order to help me more I kept looking back at the video where I originally learnt this dance from. I planned of doing it for five minutes a day this very single phrase. I

Prep Me Up - Activity Five

Throughout the process of learning the dance Rainbow Etude, I have learnt through a number of ways. I had learnt the whole dance work by watching a video of it. I copied from a demonstration of the dance through fragmented movements. I have also learnt ways of developing movement memory by repeating it again. I also understand how important it is to do the movements of the dance at a right timing and the accuracy of the use of space. Other than that I also had to learn how to enter and exit the stage in darkness. We had stand behind the wings and when the light was dimmed we would have to walk quietly into the centre stage and stand in our starting positions and freezing until the music starts. The most useful practice was learning the importance of the accuracy of timing and spatial elements. Through the process of learning this I understand how important it is so that we would be in unison with other dancers as this is a group dance. It also helped me to be in time to do the next movement so I would not miss a single movement. Also being in a good spacing is also very important so that I wouldn't walk into another dancer and I won't block the dancer behind me from being seen by the audience. The least useful part of the process was learning how to entry and exit the stage in the darkness. It is not that useful as there was only one entry and one exit at the beginning and at the end of the dance. We did not have much entries and exits throughout the dance. It would be better if learning the entries and exits was removed from the practice and learning the appropriate energy is added in as one of the practices. It would help more if we learnt that the energy in most parts of the dance should be. This is because heavy movements portray the

- 1 frustration and the anger of the slaves. It also shows that they can't stand working under such a bad condition anymore. It tells us even when they work they were doing it unwillingly as they were forced by the whites in the past.