

Reflection

Growing up, I didn't have much of an experience when it comes to dance. I've enjoyed watching movies about dance, like "Step Up", but I didn't know where or when I wanted to start trying dance. Upon arrival to University of Iowa, I wasn't aware of the dance program we had. After discovering we had a dance program, I've signed up for Modern Contemporary Dance class. The most difficult thing about this class is having confidence while I dance in the class; I aspire to build my confidence one step at a time. Since the beginning of this course up to now, we've learned dance moves based off sports and geometry. Some of the moves we've done is boxing/punching, baseball, marching, and tracing shapes like squares and triangles. We've also learn the basics of dance like plie and 1st/2nd position. During the dance thesis 1-800-WRF&TXT featuring dances by Jessie Factor and Chafin Seymour on March 8th, I saw many of the similar things we've been doing in Modern Contemporary dance.

In the dance thesis by Factor, the thing that stood out to me the most is a scene where one of the performers was caught in her outfit. Because she was caught off guard, she wasn't doing the moves she's supposed to do. Instead of standing in the middle of stage, she made a few of her own dance moves until she could get back into choreography with the rest of the group. The performer's ability to recover and returns back into dance choreography without any issues relates back to my experience as a beginning dancer because this is where I am at now in the class. When I first started this class, I would often mess up and stop everything that I was doing. I would often tell myself I wasn't able to learn the dance choreography because my classmates were able to learn the choreography quickly and I wasn't. Now when I mess up, I would do something until I could get back into the choreography with the rest of the class. In other words, my ability to recover has increased over the semester.