

Candidate 4 evidence

ENTER NUMBER OF QUESTION	DO NOT WRITE IN THIS MARGIN
1	<p>a) in ^{jazz} ballets my technical weakness is flexibility, this impacted on my overall performance as I was unable to perform movements such as kicks and leaps to the highest ability & my legs were unable to reach or go past 90°. in ballet my technical weakness is core strength. This impacted on my performance as I wobbled when performing moves such as arabesques and I was not able to do multiple pirouettes, I also fell out of my pirouettes as I was unable to control my core</p> <p>b) to improve my flexibility I have started sitting with my legs in second and reaching forward trying to keep my knees towards the ceiling and legs ^{tummy} touching the floor.</p>

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<p>1 I do this every night and hold the stretch ³⁰ seconds for one ^{minutes} for ^{improving my} condition as this becomes easy I am going to increase the time by 10 seconds each week. for core strength I do 30 sit ups every night and hold a plank for 30 seconds. as this becomes easier I will add on 5 sit ups and 10 more seconds to plank each week.</p>	
<p>2 in ballet I use a soft quality of movement, my arms flow and do not stop moving, the movements are continuous and floaty. The dynamics I use are bouncy and light, as I do movements such as grande jettes they are done with ease and softness and one landings are quiet and graceful. the movements are elongated and light on the floor</p>	

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In jazz the quality ^{and dynamic} of the movements are sharp and strong, my movements are grounded and the body does many isolations. The arm movements are quick and full of strength ^{and energy}. Movements such as pas-de-boures are performed with bent legs, low to the ground with straight, strongly held arms. All movements are performed with bursts of energy.

~~Bob~~ Bob Fosse contributed to the evolution of jazz dance. His movements were inspired by his insecurities, ~~and~~ he created a prominent style of jazz that differed from the jazz being performed during his time. Bob Fosse's style of dance was very precise in his movements, unlike jazz which is

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	<p>prone to be performed with straight, elongated posture, foxy's style was usually started with the dancers spine upright but tilted with the head looking up towards the ceiling. He also incorporated head movements such as head and neck isolations and the arm movements were usually extremely straight with a flexed hand and wrist. Bob foxy's style was prominent and brought a new twist on jazz dance that has been incorporated into jazz dance today. Bob foxy had his dancers usually* ↳ slave Trade ~ africans were captured by americans to be transported to america where they would become slaves. As a form of * → on page 16</p>

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<p>communication and expression of their feeling the slaves would come together to dance. This dance was a combination of all the different african cultures that had been introduced to one another through slave trade. The Americans banned the africans from performing this dance so they would meet in quiet places and perform together as a social gathering. The movement were grounded and full of emotions and they evolved to be what we call 'jazz' today. Minstrel shows - once the americans had banned the africans from dancing they decided they had taken a liking to their dance and chose to interpret and perform it in</p>	

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	<p>their own way which was in the form of a minstrel show. White dancers would paint their faces black and mimic the movements of the Africans. At the time minstrel shows were accepted by society and seen as comedic entertainments. These shows helped to popularise the idea of jazz dance. The evolution of jazz music in the late 1920's ^{as couples} lead to people coming together to perform dances such as the Charleston at social gatherings such as dance halls and restaurants and bars. This made jazz dance more popular as people started to get more involved and saw jazz dance as something to do for fun. Hip Hop - In the 1970's hip hop arrived in New York</p>

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5	- Swansong by Christopher Bruce prisoner of conscience* and deprivation of rights	
5	The Choreographer uses an episodic structure. This structure is effective as for each episode we see the prisoner slowly deteriorating and losing strength because of the way the guards are torturing him yet we also see how the guards never lose strength as they are constantly in power. This structure also impacts by showing us with each episode the guards are trying to find new ways to torture and manipulate the man for their own enjoyment as each episode they come back with new ideas to deprive him of his rights. This structure is also effective as it allows us to	
	-> on page 15	

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6	<p>That Christopher Bruce uses call and answer by having the two guards perform a sequence of movements while looming over the prisoner and then having the prisoner perform a sequence of movements back. This response device was used to create the image of the prisoner being interrogated by the guards and by having the guards perform the movements standing up and the prisoner replying with movements while sitting on the chair. It shows that they have more power than him and creates the image he is unable to leave until he answers their questions even if he is innocent and has no answers.</p>	

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	<p>This is effective as it links back to the theme and intentions by showing the prisoner is being torus manipulated and interrogated by the guards who are rich in power and that he has been stripped of his rights. The choreographer also uses union by having the guards and the prisoner perform an upbeat jazz section together. This device is used to show the guards are manipulating the prisoner to think they are on his side and gives him hope that they are kind and may let him go. This is effective as it links back to the theme and intentions by showing the guards have all control over the prisoner and they are his only way</p>

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of being freed and they therefore play with his ~~thoughts~~^{thoughts} and emotions against his will.

7 Christopher Bruce uses lighting by having a dark background set and low lighting to create the image of a cell. This helps to contribute to the idea that the prisoner is trapped and is being kept in a small space with no way out. He also uses a white tunnel light coming from the back right corner of the stage to ~~show~~ create the image of a narrow beam of light to what we interpret as heaven. This helps to show that the guards will never let the man go and his only way of freedom is within death. By having

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the prisoner show movements of reaching towards the beam of light and ~~reaching~~ movements going towards it we see he is longing for freedom and is deciding ~~if~~ if he should allow himself to pass away in order to gain this freedom. This helps to show the theme and intention by showing he is trapped and has no way out of imprisonment apart from death. Christopher Bruce also uses props. He uses a red nose that the guards place on his face and make him dance with on. This shows the guards are humiliating and mocking the prisoner and forcing him to do things against his will. This use of props is effective as it conveys

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to the theme and intentions by showing the prisoner is being stripped of his rights and being forced to do things he does not want to do. Christopher Bruce also uses a chair as a prop. This is used to metaphorically show shackles that are trapping the prisoner and eviscerating his movement. The choreographer shows this by having the prisoner lie on the floor with his legs tangled around the chair to show he has been captured and is struggling to move. This contributes to the theme and intentions by showing he has been captured and is being tortured for no means other than his religion and beliefs.

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	<p>→ Q3: wear black costumes such as black fishnet tights and black leotards. He also occasionally had his dancers perform while smoking cigarettes which also brought a new twist on his style of dancing. A prominent feature of Bob Fosse's choreography was a bowler hat, he introduced the use of props to his style ^{of jazz} and incorporated a hat into many of his pieces. He had his ^{female} dancers perform ⁱⁿ a more sultry and feminine way from the males who danced in a sharp and powerful way.</p>	