

Candidate 8 evidence

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1a	<p>One technical weakness I have is my posture and alignment. My posture and alignment is poor as I have a bad habit of not standing up tall with relaxed shoulders and not squeezing my bum under and not holding my core. For example when performing a pirouette I fall out of them because my posture and alignment isn't core. To perform a pirouette you must have relaxed shoulders and your bum tucked under and stomach squeezed tight to ensure a strong base. However because my posture and alignment is weak I struggle to perform pirouettes and this means when performing jazz routines with turns in them I</p>	

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most likely fall out due to my weight not being evenly distributed from my top half. This will have an impact on my performances as it looks unappealing to the audience and messy. ~~Also having~~ ~~poor posture and alignment~~ and the purpose of jazz should be to entertain. Also having wear posture and alignment affects my overall performance in contemporary dance. ~~Also~~ Due to not having the correct posture and alignment which is relaxed shoulders, stomach held in, bum tucked under and lifted up through the spine it affects the look of my pieces. When performing a plie your back

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	should be flat and pulled up,
	However when I perform a plie
	my back is arched and my bum
	is sticking out. This causes me to
	wobble and loose my balance. Not
	only is this incorrect and will
	look ugly to audience members it
	could also cause injury as I am
	not performing the move correctly
	and safely.
	b To improve my posture and
	alignment I have been attending
	extra weekly ballet classes. By
	doing exercises at the bar and
	being given guidance of my dance
	teacher it has given me the
	opportunity to correct my posture
	and alignment. I can also do

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exercises towards the mirror facing side to so I can ensure I am pulled up through my spine.

- 2 Quality and dynamics is a strength of mine. ~~A model~~ ~~perf~~ When performing a high impact jazz routine I can assure that I use dynamics to match the music. I can be a soft and flowy dancer at the right time but then I can also be a sharp and precise dancer. I change my dynamics throughout my performance to match the quality of the ^{music} ~~movements~~. For example when performing a high kick in a jazz routine I can watch my leg up fast and with power to match the quality of the

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music. Also if it was a slow contemporary piece I could also perform a high kick but using ~~the~~ different dynamics instead of being strong and powerful it would flow and be soft. A model performer as they are off a high standard would also have a good use of quality and dynamics. They would have a good understanding off the quality off movements they should perform to the music and also the different dynamics that should be used. They know that when performing a jazz routine they should perform with sharp precise arms with clean lines but also being able to change the dynamic to go

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	<p>softer when the music changes. They also know that contemporary dance is often slow fluid and soft movements that match the style of music however they understand the sometimes beats can change and even in contemporary you can still hit sharp clear movements.</p>
3	<p>Bob Fosse has contributed majorly to jazz dance. Bob Fosse was one of the earliest choreographers he was inspired to create after spending time in nightclubs which was gave him the ideas for some of his best known pieces. His choreographies were very controversial</p>

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	<p>due to the sex appeal around women. However this made his pieces become a hot topic and is what made them famous. Bob Fosse is most well known for his style-specific movements such as intricate hand movement and fast feet movements. Also his signature move is a walk with your weight distributed backwards and close to the floor women often perform it in character shoes and walk with on the balls of of their feet with their arms placed behind them. His movements were important as they are still seen today in jazz dance. any You can even at take dance classes which just teach you Fosse</p>	

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	<p> movements. Bob fosse was also bald so wore a hat as he was conscious about it. He also didn't like his hands so wore gloves to hide them. He was one of the first choreographers to influence use props in dances. Dancers used hats, cones and chairs when dancing. Some of them even had pipes in their mouths and they all wore gloves. Bob fosse also wanted the girls to dance in heels which are known as character shoes. This had a major influence on jazz dance as it started what we see today. Productions nowadays mostly will always have props used to add an exciting element to the piece </p>

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	<p>and without him starting this we wouldn't see props being used in dance today. He also dressed all of his dancers in costumes so they would look like a company it more appealing when dancing in motion. Now every dance company today always has costumes on when performing a jazz piece.</p>	
	<p>Fosse was was also a major influence in music videos and mov. He created dance videos and was the first person to create films out of choreography. This is a major influence as it is the inspired what we know as music videos and commercials today. Bob Fosse was a major influence on jazz and his movements are still used today.</p>	

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	and can be seen in Broadway and
	the West End.
4	Jazz originated from Africa
	when Africans were cut from their
	families in the 1600s and forced
	to become slaves in America for
	whites who thought they were
	superior to the black end of a
	higher social class. However to
	keep tradition blacks wanted to
	bring their celebratory dances to
	America to keep their alt culture.
	However the slave act banned
	African drums so this inspired
	slaves to create rhythms with their

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hands and feet. They performed low grounded movements, hand clapping, feet stamping, isolations, pulsating movements. ~~These~~ These have influenced jazz today as these are key characteristics performed in jazz dance today.

Africans used dance as a way to keep the tradition of the original culture alive and also used it as a way to keep fit. This has a big influence today as many people dance as way of exercising and keeping fit.

Then in the 19th century whites decided that they enjoyed the blacks music and dances and this was

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become very popular as they also included women and children performers. It was also the first time that precision lines and kick lines were introduced. Black dancers were involved in vaudeville shows however they weren't in the main dance troupe and were only used to perform as black slaves. Due to this it caused ~~the~~ black performers to move to Europe. This was when musical theatre was created and at the time it was known as comical dance/comedy dance. This was where happy and uplifting movements were introduced. Vaudeville shows became the most popular form of entertainment and this was where we first see a lightning

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	<p>and effects which being used in a production. This is important as this is used today to help add to performances as jazz dances main purpose is to entertain.</p>	
	<p>During the great depression after the war dancing stopped for a while however social dance classes were on where people could meet and dance before the war happened. This was where well known dances were created such as the jive and the jitterbug. This had a major impact on jazz today as these are movements which can be seen being used in rock n roll style of jazz. Also during the great depression people sneaked into</p>	

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dance competitions in hope of winning a cash prize. This is also important as this was the first time dance competitions with prizes were created. and competitions are a huge part of dance today.

Also artists and different choreographers ~~named~~ ~~to~~ have had a ~~major~~ major influence on jazz dance today. Artists such as Paula Abdul, Janet Jackson and Michael Jackson popularised jazz dance by adding more street like movements. This is a ~~big~~ major impact on jazz as it turned it into a style which we know best as commercial or jazz funk. A main influence is Brian Friedman ~~and~~ who is

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	<p>an American dancer and choreographer. He brought commercial dance to classes and taught the style throughout the world. is Commercial dance is what we mainly see in music videos and MTV which has popularised the style even more. Commercial evolved from jazz dance as it is the style which most back up dancers perform behind artists. Without these artists and choreographers jazz wouldn't of developed into other styles we see today.</p>
4	
5	Ghost Dances by Christopher Bruce is a piece about

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how death is all around us and no one can escape it. He shows throughout his piece that death is creeping up on everyone and we are all just waiting for a knock ~~at~~ at the door.

Christopher Bruce uses an episodic structure to communicate the pieces themes and intentions. There are seven clear sections which can all stand alone yet are all connected through the theme of death.

In section A is where the first idea of ghost dancers and the idea of death is introduced. ~~Throog~~ Throughout sections B, C, D, E there are multiple deaths which are caused by the ghost dancers

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such as hangings, executions, suffocation; strangling, ~~this shows that death~~. To show this he has the ghost dancers following around 'the dead' however 'the dead' can't see the ghost dancers as they are ghosts. So it gives off the idea that death is all around us even if we can't feel it, ~~and~~ it could creep up on us at any point and we won't ever be prepared. In section F there is a brief defiance as everyone is dead and the ghost dancers have won. In section G there is a climax in which the ghost dancers return to their original position ready to await their next victims.

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b The choreographer used unison when choreographing the ghost dancers. At the start of the piece ~~they all~~ the 3 ghost dancers walk on and walk forward all at the same time. This helps show that when you die your soul is gone and you have no personality. In the afterlife everyone is the same so to show this he had the ghost dancers perform the same movements at the same time as they are all one. However after they perform their ghost dancers motif they perform a simple canon and roll off the stage one by one. This has the effect of a spirit trailing behind and death always

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	Something that everyone has in common.	
7	<p>One theatre art the choreographer used was costumes. He had the ghost dancers dressed near enough naked with only rags covering certain areas. He had their hair all matted like dreadlocks to show that they aren't a human being who take care of themselves. They wore masks with sunken eye holes to show the hollow skeleton underneath. They wore body paint which was black and white and resembled a skeletal frame. They wore rags hanging off their body to portray old decaying parts of skin which hasn't rotted away yet. They all looked the same and this helped show the choreographer's intention of after you die all that's left is a decomposing body. 'The dead' also had specific costumes the rich wore</p>	

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	<p>expensive gowns and suits and the poor wore long baggy clothing which was distressed and helped show that no matter what death will happen to everyone. Another feature of the used was set. At the back of the stage there was a backcloth which had the opening of a cave painted on it. This conveyed that they weren't in the real world anymore and that the afterlife was a dark and horrible place where people go after death. Lighting was also used to light up certain parts of the stage to make it eerie. Due to the opening of the cave being a small hole with light coming through it made the dancers appear trapped in the afterlife not being able to escape back to normal life as they are trapped by death which no one can escape from which is the theme of the piece.</p>	