



ENTER NUMBER OF QUESTION	DO NOT WRITE IN THIS MARGIN
	<p>I was not able to feel my muscles burning out from <del>just</del> my thighs and upper part of my leg and not just from my feet, which has helped me to also be able to maintain the turnout throughout <del>my</del> the class. With rotating my <del>feet</del> ankles in and out I was able to <del>see</del> see my maximum <del>the</del> maximum of my turnout. However I believe that <sup>the</sup> clamshell exercise worked best for me and really improved my turnout as I was not only able to <del>see</del> see a difference, but I also felt the difference physically and was able to better feel what was happening inside.</p> <p>3. In my <sup>contemporary</sup> <del>jazz</del> solo, I used <del>facial</del> facial expression as the music was very slow and minor. <del>The</del></p>



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of my dance. My facial expression has also changed to being more ~~happy~~ sad.

In my Jazz solo, the music was quite slow but used a mix of minor and major s, to match this mood of the music. I added in movements that made it look quite savage and sassy by making sassy facial expressions and rolling my shoulders while slowly walking forwards in the centre.

In contrast, my use of musicality was ~~quite~~ very different in my jazz solo compared to my contemporary solo. At the start of my ~~jazz~~ contemporary solo I was very slow ~~as~~ to fit the music's tempo and used sad facial expressions to portray the ~~story~~ mood and at the end the music shifts to being more happier and joyful ~~more~~

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	So I added my rhythm and	
	tempo changed to <del>was</del> being	
	much faster. So there was a major	
	shift in my music from the	
	<del>start</del> from the start to the end.	
	Whereas in my jazz solo my	
	movements were quite slow throughout	
	the whole dance keeping <del>that</del>	
	those constant sways and	
	sway movements.	
	A key characteristic I used	
	which improved <del>my</del> impacted	
	my <del>work</del>	
	A key characteristics used	
	which really impacted	
	ballet is <del>turnout</del> turnout.	
	Turnout is one of the most	
	important things	

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4A	
<p>A key characteristic which impacted ballet are pointe shoes. Pointe shoes were made for ballet dancers to not only showcase their strength and talent but the aesthetics of ballet and how nice you, to be able to make ballerinas look more beautiful, elegant and look more professional while dancing. <del>They also</del> To also <del>to</del> give the illusion of longer legs as well.</p>	
<p>Another key characteristic which impacted ballet <del>were</del> are tutus. Tutus were designed to be able to portray different stories that producers such as Marius Petipa etc have done. The productions such as "Giselle" which <del>had</del> had key long tutus <del>and</del> <sup>and</sup> Raymonda which had very short tutus to</p>	

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	match <del>that</del> the story.
	5. Back in the 5 <sup>th</sup> century in Italy
	people used to dance in courts
	<del>to</del> to entertain <del>a</del> audiences
	and ever since then ballet
	has become huge. From then on
	it <del>developed</del> continued to develop
	more and towards the <del>9</del> 19 <sup>th</sup>
	century <del>people</del> <del>started</del> using
	famous producers such as
	Marius Petipa have produced
	wonderful and memorable
	productions such as "Swan Lake"
	"The Nutcracker" in the 19 <sup>th</sup>
	century the Romantic side of
	ballet was introduced which is
	where the tutus have become
	very long and had productions
	such as "Giselle" etc. To this
	day <del>ballet</del> the ballet world
	is becoming bigger and bigger. In
	the 20 <sup>th</sup> century the



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	anymore has significantly shown the evolution of ballet and how much <del>social</del> social and cultural factors have changed ballet to this day (globally)
	Section 2
	8.-
	A professional piece that I have studied is "Revelations" by Alvin Ailey. <del>Revelations</del> The choreography "Revelations" shows the journey of struggle and oppression to liberation and spiritual redemption. <del>what</del> The themes in "Revelations" crosses between faith, resilience, community and hope. <del>There</del> There is gospel music and shows the African American culture and <del>slavery they have experienced.</del> slavery they have experienced.
	6a) In <del>the</del> <sup>the</sup> "Revelations" there are three sections "Pilgrim of Sorrow", "Take me to the water" and "move, members move" all communicating different members

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(6a)	
<p>The mood and <del>at</del> the atmosphere in the "Pilgrim first section of "Revelations" <del>the</del> which is "The Pilgrim of sorrow" communicates <del>with</del> a dull and a sad atmosphere</p>	
<p><del>There are three sections in</del> Shows the first part where everybody is confused, lost, have no hope in anything and are looking for freedom. In the first section they are lost and then towards the last section of "Movements more" they slowly find themselves again and find joy.</p>	
b)	
<p>In "The Pilgrim of Sorrow" the music <del>has</del> is very slow in the first part call "I've been Bilked" In this section the music is very slow and <del>uses</del> <del>reigns</del> to show that <del>they are</del> the people are in a tough situation. In another part of the first section called "Fix me, Jesus" the song has religious words such as "Jesus" to portray <del>that the people are</del> the religious intentions and meaning and to show that people need</p>	

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Jesus right now as they are lost and confused in life.

7. In ~~the~~ "The pilgrim of Sorrow" the first part "I've been buried" ~~the~~ ~~the~~ background is dark with only a single ~~spotlight~~ spotlight that shines on the dancers, everything else is pitch black.

The lighting in this part ~~showed~~ ~~that~~ emphasized the sorrow and dull atmosphere the people are in and also ~~to show~~ ~~show~~ ~~how~~ that the dancers are in a dump together to show that they are scared to face the world and want to stay all together to look much stronger than they really are; but also be a team to be able to get through this tough situation they are in which is scary.



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	<p>In the <del>third</del> third section that <del>light is being</del> "Move, members, move" the lighting is white and the background and floor is yellow to show pride and joy and to show that the people found themselves and are really ready to face the world now and are not scared of anything.</p>	
	<p>8a) The key movements in "The Pilgrim of Sorrow" is <sup>everyone</sup> them all standing in a clump together and <del>read</del> showing <del>the</del> <del>reaction</del> showing their palms backwards to the audience and also, <sup>dancers</sup> <del>at the</del> <del>people</del> all standing together, <del>while</del> starting from the top and <del>to</del> slowly <del>putting</del> bringing them down while still showing the palms backwards. Another one is using praying hands and also standing in a clump again, in a pile bringing their arms and elbows up.</p>	





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	<p>that they are innocent people. The praying hands shows they are religious and need god to be with them. The opening arms whilst looking down shows protection of the group and that they are all a team and in this together.</p>
2	(missed)
	<p>In my contemporary solo. I used had many self-expressions. At the start of my dance the music was very slow and minor so I used sad facial expression <sup>and slow moves</sup> with my eyebrows pointing more up and lips <del>pointed</del> <sup>highly</sup> pointed down. Toward the end of <del>my</del> the dance the music starts into being more happy and joyful, so I changed my facial expression and more sharper movements, I was still</p>

