**Dance Proccess Journal**

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Unit 1: Stage Etiquettes

*KC:* Communication

*RC:* Audience and Presentation

*GC:* Personal and cultural expression

Exploration: Artistry and creation

*SOI:*

**Reflection 1 (9/7/20)**

In this class we got introduced to our new unit which is Social Dancing although we were not told the KC, GC, and RC. This class was more of an introduction based class where we all introduced ourselves and told our likes and dislikes. Honestly, I don’t really like dance all that much because I am pretty shy when I dance in front of people. I also got to know the rules and regulations of the class and also got to know that we will be focusing on salsa dance this unit.

Body awareness means having the control of your body and how you limit or not limit yourself. Body awareness is a super important key element in dance which comprises of 3 elements which are focus, posture and angles. Muscle memory Is a side effect of body awareness.

**Reflection 2 (16/7/20)**

In this class we got to know our KC, GC AND RC and it was honestly really fun this class as we learnt a bit about dance but mainly because I learnt some interesting facts about it too. We also got a task of making our own SOI and then we presented it for the class. We also learnt about body awareness and a its 3 elements which is focus, posture and angles. Today’s class was really fun.

Creating SOI

The aesthetical components of dance interpret a message which signifies beauty and culture.

**Elements of Dance:**

1. Body
2. Movement
3. Space
4. Energy
5. Time
6. Relationship

**Body**

Sub elements:

1. Body awareness
2. Body shape
3. Body base
4. Weight transfer
5. Isolation

**Body shape:**

Shape is the strongest visual component. The way your body is giving the 3D effect and is taking up space is your body shape. Body shapes are present in all actions of dance. Different types of body shapes: Wide, Narrow, Curved, Twisted, Angular, Positive,Negative, Asymmetrical, Symmetrical. The area were the dancer is occupying is the space and if the body of the dancer is filling he space, it will be a positive space and the space where they aren’t filling and are present in is negative space.

**Body Base**

The place where you dance is supported and the part of the body from which we rest our whole body. The base may be the legs, head or hands. If a dancer is lifting someone else then the body base of the lifted person wont be the other body.

**Weight Transfer**

Maintaining balance is really important for dancing. We need too always change weight between our limbs so that we can maintain balance. If we need to balance effectively then we need to balance (weight manage).

**Isolation**

This is a term where the dancer moves one part of the body in motion and the other parts are still. This is really important. Examples: Shoulder roll. Isolation exercises are very useful also since it brings good body awareness. Isolation is not only a dance thing but also a component of physical fitness.

**Reflection 3 (23/7/20)**

In this class, we got to know that our unit has changed again as it is now similar to music and we started off by discussing what all we will do in this unit and then we learnt some theory about the elements of dance as mentioned above and we learnt about body in detail as it is one of the elements of dance and we also learnt about the sub elements of body. Today was really fun because we got to learn about different types of elements and it was surprising to me that there is this many elements in dance.