

## Comfort in Movement:

Space, time and energy were all incorporated into today's lesson. I felt the most comfortable through the use of energy. The emitting and sharing of energy in dancing is important to create a cohesive and ~~well~~ visually pleasing ~~piece~~ piece. Playing off of another person's energy made it easy to improvise and create.

Throughout today's improvisation, I found myself relying on energy to dictate my movement. Perhaps because I am not as well trained as some of the ladies I shared class with today, time and space felt much more arbitrary. While timing and spacing controlled how well we mirrored each other, it felt as though energy was the vessel we used to communicate to our audience ~~the~~ <sup>the</sup> tones, thoughts, and emotions of our names.

In today's concept we used a lot of space, time, & energy, the space we used while we were traveling, time was when we needed to change our movements, and that's where the energy would come in to the movement. Was it going to be sharp, swinging, sustained, we all had different energy through out our dances (mirror)  
I think it made me confident in performing on how it would feel to show the different energy we all have.

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In today's improvisation, energy is what made me feel more comfortable today because that's what got my body to think or what to do with the dance I'm trying to make up. Also timing and space helped with the energy because I had to time what was I going to do next and it went well with my whole piece. Overall this exercise ~~was~~ was really fun.

The dance concept of energy made me feel  
Most comfortable with today's improvisation because  
I could bounce energy off of the people around me  
and my partner during the mirroring exercise. When we  
changed our energy together it helped me own the choreography,  
even if it wasn't my name. Changing our energy affected all the  
other elements of our improvisation and helped me feel comfortable.

Within today's exercise, I felt most comfortable in today's "12/1" improvisation considering the energy aspect. Putting energy within movement is natural and artistic, regardless of choreography or specific movements. Time, space, and energy all worked together to create a piece of <sup>cohesive</sup> dance for the "name game" activity. When walking around in open space, you could feel people's energy and focus on ~~that~~ your own path without disturbing someone else's.

## Comfort With Dance ~

Overall, I found energy the most comforting as it allowed me to connect with the other dancers surrounding me. With this it helped me to achieve space and time through the vibes that ~~created~~ filled the room. Finally, energy allowed me to have my own spin on choreography and truly personalize it to make it authentic and genuine.