**PART i) – CHOREOGRAPHY**

**1. Describe the process of selecting an expressive intention.**  
The process of discovering my expression intention started like any regular day. I was on my way to dancing one Saturday morning when one of my favorite songs; Valerie by Amy Winehouse came one. Every time I hear this song I’m just filled with such joy and happiness that I cant stop smiling, then, once the song finished I noticed my change of emotion, that moment of sparkling joy quickly then turned to my content myself as I was started walking.   
It was my change of emotion that helped me establish my intention; I wanted to show the changes that we go through from when we have the happiness but then its gone.

**2. Give a detailed example of a phrase you selected. How did you arrange  this phrase in your solo? Why did you arrange it this way?**   
A phrase that I feel that really expresses this emotion is my beginning phrase. In the beginning I wanted to show the searching and wondering of that happiness in life but failing to find it. The way that I have manipulated this to match my expressive intention is by using a force and flow movements with the elevations of my arms. When I release my arms out in front or high above my head, I tired to add as much restraint to my arms and hands as this signifies the searching for the special thing, though, as I don’t find it I then soften my arms and hands and fall to the ground, this shows the release so that happiness.

**3. Describe how a phrase (different to that explained in Q2) was manipulated  with elements of movement to express your intention clearly.**I feel that within my development the elements time and flow has been used. The reason as to why I say that is because once I’ve found what I’ve been searching for my mood changes and I’m filled with joy, by this change in mood it will allow me to move quick and gracefully rather it being slow with resistance. I feel that by having these two elements in the development it will contrast between the beginning and the resolution and my audience will be able to feel and see what I’m expressing.

**4. Discuss what body actions were primarily used in each section and why.**  
 In the beginning I very much concentrated on the use of falling and stillness, the reason as to why I only wanted to use these two is because I wanted to show that I couldn’t find that happiness and found it difficult so escape from the sorrows and sadness surrounding me. But as we move into the development I’ve lifted myself up and find that blissful place that I’ve been looking for. This phrase uses gesture, locomotion, evaluation and turning. Though as we continue to the resolution we see the change in mood, this will include falling and stillness because I’ve gone back to losing that moment where I was happy to then searching for it again.

**PART ii) – REHEARSAL**

**1. How did you refine your use of space to express your intention more clearly?**   
Through out my dance, the way that I interrupted space into my expressive intention was that often I would reach out in front of me or high above, I would then clench my hands in hope to grasp onto whatever it is that I could find to bring that happiness towards me, though when I couldn’t reach out to it, I would drop and fall to the ground often creating round like shapes, the reason as to why I’d fall into a shape like so is because often I’d try to break out of that circle but couldn’t.

**2. Discuss how you refined your links between the sections.**   
To distinguish the change of phrases I’d often in the corner perform a turn. Depending on what emotion I was then going to expresses the force of my turn would vary. For example, the link between my beginning and my development was a very fast and forceful turn, which expressed the change of emotion from searching to then having that happiness. Where as for the link between the development and resolution was a very soft and timid turn for this represented   
me going back and not having that happiness

**3. What changes did you make to best express the intention of your beginning  
or development?**  
In the beginning what I changed to fit my intention was at the opening of my beginning. I had no idea as to how I was going to start it off but I knew I was a missing something, so I started to experiment with my body and trying to figure out how I can lower my body to look like I’ve been crushed. I experimented with the contraction of my body and how I can manipulate it to lower my self down. I felt that although it was a small change it had a powerful meaning behind it.

**PART iii) - PERFORMANCE**

**1. Discuss three examples of how you maintained performance quality during the performance of your solo.**  
Typically, before performing in front of any crowd whether it’d be my friends, my family or the class itself, I would get nervous. So to main my nerves and be able to perform at my highest level I did the following things;  
The fist thing that I did was that I came to class early, this gave me the chance to gather all my thought together, run through my dance and listen to my music. The second thing I did was that I concentrated on my breathing; just by taking in deep breaths I was able to clam down and not stress my self out. Finally, the last and most important thing that I did was kept my self-hydrated.