

After viewing my improv phrase as a group, we decided that the rough elements were good, but the order needed to be changed. Katie and Emily liked the extensions that I did, so I tried to keep those elements in. The other changes that I needed to make were to have less standing around and stiff movements.

I kept many of the same movements in my new phrase that I used in the old phrase such as a shoulder roll, a penche, and a high release. My goal in improving my phrase was to add larger movements and more energy. In the beginning, rather than reaching to the side, I did a cartwheel, which added more movement to the phrase and made me travel to the side slightly. I added an attitude jump as a transition into my penche, and went directly to the ground from the penche rather than standing up. These changes created more consistency and fluidity to the phrase.

I wanted to get rid of the stiffness that dominated my first video, so I kept the arabesque in the end of the phrase, but added a forward roll after. I could have done a different step, but it seemed natural to continue my momentum forward. I thought it was an interesting way to end the video, and it worked because I rolled out of frame.

This new phrase fits in with my group's artistic statement because there is more ease and freedom in my movements. I also feel that after being able to put some thought into the choreography, I am able to effectively communicate my unique voice and personality.