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The usual progression and improvement of technique and performance abilities through consistent rehearsal has been rather disrupted during this past term with the current global pandemic occurring. Before the current lockdown regulations when we were able to continue lessons in the studio, we had adapted to restricting our movements to our individual space that we were required to stay in. The development of technique could continue as normal such as feet and arm work, however these restrictions did halt the improvement of other key aspects such as travelling, partner/contact work and jumps.

With the entire population struggling with the changes, issues and adaptations caused by coronavirus, our experience of this difficult time was no different from that of the majority. With the confinement of our own homes the ability for progression and improvement of technique and dancing ability felt impossible. Being in a space not specifically tailored for dance caused a multitude of distractions; whether it being other people in the house or having to be more aware of your surroundings- trying to break anything. Personally, I found it hard to adapt to dancing at home, the inability to perform movements full out caused frustration as it felt as though no improvement to technique could be made. Knowing you cannot dance to your full ability leads to a lack of motivation which does not aid progression. Being in a different environment from the norm has a strange effect on your dancing ability, it is a regular occurrence to feel as though

you have 'forgotten' how to dance, movement and technique seems to be lost such as your foot not pointing fully while in the studio this would occur naturally. Not being in the same room as your peers means that there is no one to bounce energy with so it is often harder to keep motivated and continue the same energy throughout while the lesson is on zoom.

Not having mirrors in the space means that it is harder to see incorrections and to watch technique throughout the lesson, therefore you have to be more bodily aware than usual. With lessons being on zoom it is more valuable and important than usual to know specific vocabulary for both techniques. It is easier to follow a lesson if you know the vocabulary as you don't have to completely focus on the screen, sometimes it is difficult to copy movements when shown on a screen, therefore by having a wider understanding of technique you can learn routines more easily. As I have previously done ballet for 16 years I have a wide vocabulary knowledge for that technique which has helped with the adaptation of virtual lessons, therefore I know the importance of gaining more knowledge of contemporary vocabulary to help to aid this difficult and confusing time.

Mental health has been a struggle for the majority of people during this pandemic whether feeling anxious about the present and future, higher levels of stress or lack of motivation. "As the coronavirus pandemic rapidly sweeps across the world, it is inducing a considerable degree of fear, worry and concern in the population.(World Health Organisation,2020)" With the performing arts likely to be the last sector to reopen it is a worrying time for those in the industry and just as much as a worrying and uncertain future for us as people aiming to enter the dance industry. With this added stress and anxiety to the already unmotivating and difficult time it is hard to improve our dancing abilities. I aim to try to enjoy dancing as much as I usually would by trying to find motivation while at home and to continue to try my best and not get frustrated and want to give up when I have to not go full out due to lack of space.

I think that given the current disruption and difficulty of adapting to new situations that my technique has not deteriorated as much as I thought it would with dancing from home. Although due to the previously stated restraints I feel as though there has not been a high level of improvement, however I know that this is due to covid restrictions rather than lack of ability to improve. I know that once we are back in the studio and able to do movements and techniques full out then the opportunity for improvement will be fulfilled. During this time I think the main focus should be to maintain the level of technique that is possible to practice in the lack of space that we are presented with and to focus on the other aspects, such as traveling and jumps when it is safe and accessible to do so. Trying to maintain a high level of fitness is also difficult during this time due to no gyms being open, however I think that stamina and fitness needs to be a key focus during this time as when we go back to normal situations it will take time to build up the level of fitness needed in the dance industry, therefore to make sure that we don't have too much to fix when we can continue with lessons in the studio we must try to maintain a healthy body as much as possible. With everyone being in the same situation there are currently a wide range of different fitness activities available that have been designed specifically for lockdown restrictions. I try to do regular workouts to make sure that I don't lose all progress of stamina and cardio, so that when we can go back to the norm that I am ready to pick up where I left up before christmas.

With contemporary I feel as though I have improved trying to put more energy and effort into the movements and to take more risks particularly with trying to make certain movements as big as possible. However with the restrictions of my living room I cannot make certain movements as big as I'd like to and cannot travel sequences as much as I can, therefore once we are able to use a bigger space I will aim to improve this further. Something I need to improve further is trying to make my Pliés bigger, this may be aided by stretching more such as aiming to make

the backs of my ankles more flexible. As well as this I intend to develop a deeper and better quality of curves with the back which also can be achieved with practising and stretching. I think that I have progressed with a sense of fluidity in sequences, making the movements flow from one to the next rather than them looking separate. Before lockdown I had been trying to develop a level of progress of floor work, due to the current restriction of a lack of space I will try to adapt certain floor movements to fit the space and will try to develop this further when back in a more suitable space.

In terms of ballet technique the main issue of feeling as though I am losing some level of technique ability is due to having to dance at home, I know that once back in the studio I will go back to my usual level of dancing ability. Lately I have a new deterioration of technique revolving around arm work, whether this is due to a lack of mirrors therefore less awareness or due to lack of space such as if I have my arms in an upwards position I have a risk of hitting my light shade therefore I feel more restricted and have to keep movements smaller than I would in the studio. Dancing on carpet also makes it more difficult for certain movements such as anything that requires sliding the foot on the floor. Although it is frustrating it is important to keep dancing during this time and try to find it as enjoyable as usual. Even the highest level of professional dancers have admitted to struggling during this time but they all agree that even if you don't feel motivated or if you feel frustrated with yourself in order to be ready to go back to the norm we must continue to dance regularly, "Lopez said. "But, if you sit on your sofa, you won't be ready to go back, of that I can assure you.'(TheNewYorker,2020)."

Hopefully I can have a better opportunity to develop and improve in technique and dancing ability in the not so far future by being able to do movements and routines with maximum effort with enough space to do so. During this time I will aim to improve in techniques that I possibly can with the restrictions and to maintain a good level of mental and physical well-being, aiming

to keep a high level of fitness and stamina ready for returning to the studio. My main concerns are continuing to adapt to the new norm of dancing in the living room on zoom and to not let my technique or dancing abilities deteriorate.

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