

## Reflective Essay on My Commercial Dance Class

Dance is an expressive art form that combines movement, rhythm, and emotion to create a compelling performance. Throughout my commercial dance class, I have grown as a dancer in several aspects, particularly in my dynamics and quality of movement. However, I recognize that my performance and facial expressions were not as strong as they could have been, mainly because I was still working on mastering the choreography. In this reflective essay, I will analyze my progress, identify areas for improvement, and set goals for future development in commercial dance.

### Stylistics of the Dance

Commercial dance is a vibrant and high-energy style that blends elements from hip-hop, jazz, and even street dance. The choreography in this class required a combination of sharp movements, fluid transitions, and an ability to embody a specific attitude or energy depending on the routine. One of the key challenges for me was fully embracing the stylistic elements of the dance.

At times, I found myself too focused on executing the steps correctly rather than embodying the overall style. Commercial dance requires a certain confidence and presence, and I felt that I held back in some moments because I wasn't entirely comfortable with the movement. Instead of fully letting go and allowing my body to interpret the music, I found myself overthinking the transitions and details of the steps. This hesitation affected my ability to deliver a performance that truly matched the commercial dance aesthetic.

To improve, I need to immerse myself more in the essence of commercial dance. This means studying professional commercial dancers, analyzing their approach to movement, and understanding how they bring personality into their performances. Additionally, I plan to practice outside of class to develop a deeper familiarity with the style, allowing me to execute movements with greater confidence and fluidity.

### Dynamics

One of my strongest areas in this class was my use of dynamics. Dynamics in dance refer to the variations in energy, force, and timing used to make movement more engaging and expressive. Throughout the choreography, I made a conscious effort to contrast sharp, explosive movements with softer, more controlled moments. This helped create dimension in my dancing, making my performance more interesting to watch.

For instance, there were moments in the routine that required quick, staccato-like isolations, followed by smoother transitions into the next phrase. I was able to execute these dynamic shifts well, which contributed to the overall impact of my performance. My ability to adjust my energy levels based on the musicality of the piece was something I was proud of.

However, while I succeeded in incorporating dynamics into my movement, I recognize that my performance could have been even stronger if I had combined these dynamics with more expressive facial expressions and body language. Moving forward, I want to connect my use

of dynamics with a stronger emotional connection to the music, ensuring that every movement has intention behind it.

### Quality of Movement

Another area where I felt I made good progress was in my quality of movement. Quality of movement refers to the clarity, execution, and texture of each step. In commercial dance, the movement quality can range from clean, precise hits to more fluid, groove-based motions.

Throughout the class, I focused on making my movements clear and intentional. I paid attention to my arm placement, footwork, and overall posture to ensure that I was executing the choreography with precision. While I wasn't always completely comfortable with the routine, I did my best to maintain control over my movement and avoid making my dancing look sloppy or hesitant.

Despite these efforts, I know that my movement quality still has room for improvement, particularly in terms of confidence. There were moments when I second-guessed my execution, which resulted in slight inconsistencies in my movement. I also noticed that when I wasn't fully confident in a certain step, I would sometimes hold back, which affected the overall power of my performance.

To refine my quality of movement, I plan to focus on repetition and muscle memory. By drilling the choreography multiple times, I can build confidence in my execution, allowing me to focus on performance rather than just remembering the steps. Additionally, I will work on my body awareness by practicing in front of a mirror and recording myself to identify areas where I can enhance my movement quality.

### Performance

Performance is a crucial aspect of commercial dance, as it is not just about executing steps but also about engaging the audience and conveying emotion. This is an area where I struggled because I was still focused on learning the movement. Instead of fully committing to the performance aspect, I found myself concentrating on getting the choreography right, which made my dancing feel a bit restrained.

One of the biggest challenges I faced was fully projecting confidence and energy throughout the routine. Commercial dance often requires an expressive, almost exaggerated stage presence, and I felt that I didn't push myself enough in this regard. While my execution of the steps was decent, I could have added more personality and stage presence to make my performance more captivating.

To improve my performance skills, I need to develop a stronger mind-body connection. This means trusting my ability to execute the choreography correctly so that I can focus more on delivering a performance rather than just completing the steps. One technique I plan to use is visualization—imagining myself performing confidently and effortlessly before actually dancing. Additionally, I want to work on my stage presence by practicing with an audience, whether it's in front of my classmates, a mirror, or even recording myself to review later.

### Facial Expressions

Facial expressions are a key component of commercial dance, as they help communicate the mood and energy of the performance. Unfortunately, this was one of my weakest areas in the class. Because I was so focused on getting the movement right, I often forgot to engage my face, which made my performance feel less dynamic.

I noticed that when I wasn't entirely comfortable with a step, my facial expressions would either be neutral or slightly tense. This took away from the overall energy of the performance, making it clear that I wasn't fully embodying the routine. In commercial dance, facial expressions should be natural yet exaggerated enough to enhance the impact of the choreography. Whether it's a playful smirk, an intense gaze, or a confident expression, these elements add depth to the performance.

One of my goals moving forward is to practice my facial expressions as much as I practice my movement. This means becoming more aware of my face while dancing and ensuring that my expressions match the energy of the routine. I plan to work on this by practicing in front of a mirror and experimenting with different facial expressions to see what feels most natural. Additionally, I will watch professional dancers to observe how they use their faces to elevate their performances.

## Conclusion

Reflecting on my experience in my commercial dance class, I recognize both my strengths and areas for improvement. I was successful in incorporating dynamics and quality of movement into my dancing, which helped bring the choreography to life. However, my performance and facial expressions were not as strong as they could have been because I was still focused on mastering the steps.

Moving forward, my goal is to become more confident in my execution so that I can shift my focus toward delivering a compelling performance. This means practicing consistently, refining my movement quality, and working on my stage presence. Additionally, I will dedicate time to improving my facial expressions so that my performance feels more authentic and engaging.

Overall, this class has been a valuable learning experience that has pushed me to grow as a dancer. While there is still work to be done, I am excited to continue developing my skills and becoming a more well-rounded commercial dancer.