

Blog for week one of Spindrift:

I am a third year performer at Falmouth university currently doing a module called PIC (practise in context) where I have to choose specific companies I would like to work with and learn from to influence my learning, future works and open up opportunities. I chose to stay with-in the south west area as that is where I would like to be based after I finish University.

My first week with Spindrift was a busy but totally amazing one, I have met so many inspiring people and hopefully artists I can work with in the future. At first I wasn't used to all the travelling, and delving into things I never thought I would be – but then I realised that's how the dance working world works and I love it.

At Tuesdays networking event I thoroughly enjoyed getting to know other dancers, actors, performers, teachers and choreographers with in the Cornwall and Devon area. I particularly enjoyed the community feel of bringing everyone together and knowing there are opportunities for people like me out there. I just needed to get myself involved! Through this process I have learned how to communicate with other artists and get to know what they are about and how/where they create work which has given me lots of ideas for my final piece.

Wednesday's P.E conference at the Eden project was also a great experience, not only did I get to see the beautiful Eden, I was also lucky enough to assist and listen to the wonderful Suzie giving a presentation on how to include dance in the school's P.E curriculum without giving the P.E teachers the pressure of learning how to 'dance'. This went very well, Suzie gave clear physical examples and explanations when presenting and this is something I really learned from when giving presentations as usually I mumble and do not really have a clear point because I'm so nervous of what everyone will think. I know now that's it's okay and I need to breathe relax and be confident with what I am saying.

Thursday I went to an open class with a couple of the other lovely Spindrift dancers, Becky and Lizzie. This was a technique based class with a cardio warm-up, floor work and other small set routines. This was a great way to get me ready for audition classes in the future, if I ever wanted to work with a company, I would have to throw myself into a fast paced class and have no expectations of what it will be like. To also be really flexible and open with my ideas and movement and to take whatever is thrown at me. Although this something I find hard as I'm a 'schedule' girl who has gotten used to the University class style and doing the same developing dance routines every week. It was great to be forced out of my comfort zone with this and again to meet new people.

Coming to the end of a crazy week, Friday I was luckily enough to be given the opportunity to assist teach with Shanice Burgoyne – another Spindrift Dancer and Suzie to a BTEC group of girls learning the I, We, Us Rep which I also learnt that day in two different workshops. The repertoire is amazing and my hamstrings still hurt now after all that lunging but it was very much worth it, I am so excited to perform this! It was also nice to see what

tasks and language the Suzie and Shanice used to that specific age group as it obviously varies when teaching this class. Overall it was a really fun day and I hope the participants got just as much out of it as I did.

On Saturday afternoon, Grace Clayton who is part of Cheap Date Dance Co. Allowed me to observe the rehearsal of an intergenerational piece called Me, but bigger. Suzie West, Grace Selwood and other dancers I know are in this project dancing with selected children from Grace Claytons youth classes. It was incredible to see generations working so fluidly together and it looked a bundle of fun. In particular, it was lovely to see the relationships between the adult and child and how to keep engaging them into the work they were doing as they were all of different ages. Grace Selwood and Her Mini me Annabel was a relationship that really stood out as 6-year-old Annabel had all this energy and a short attention span it was great to see how Grace dealt with this by putting her in 'charge' of remembering things and the certain games they were playing. You could tell Annabel felt a level of importance and was engaging with this so well and just wanted to keep dancing! It's very useful for the future to see what techniques I could use as a teacher for this age group compared to the BTEC group the previous day. I also noticed a lot of useful game playing, imagery and language they could connect with was used and how suitable It was for this kind of fun project and age.

Overall a more than satisfying week and I look forward to what next week's challenges will bring.