

Strategies that we used to improve our performance included stretching every day, doing ab workouts, leg workouts, arm workouts, and going across the floor. Stretching every day improved our performance because each time we stretched we would get a little closer to being more flexible. Doing ab workouts helped maintain our core, which made us stronger. Also, we were able to lift up in our center better. Doing leg workouts helped us because the movements that we did made our legs stronger and muscular. This was good because our muscular legs helped us to jump and turn better. Doing arm workouts made our arms stronger and eventually, our arms did not look like noodles because they were strong and sturdy. Going across the floor helped improve our flexibility because we would kick as high as we could go and our leg got a little higher every time because we were stretching our muscles. We also did pirouettes across the floor, which helped us find our center and balance.

We discovered our artistic intent in the beginning of the semester by finding a photo that represented community to us. The photo inspired us to create a dance that represented community. Every one found a photo that we thought best represented community and we took that and created a dance. We also looked at mosaics and how they symbolized a community because they all have different parts but come together as one. Our dance, "Unsteady", represented a community because we all had different parts, but came together as one. There were a lot of people in the dance that had different abilities, but we all came together and performed as a community.

Leadership qualities that are demonstrated in our dance, "Unsteady", were when girls lifted each other up in the air. They had to put trust in each other because they were lifting each other high up in the air.

Commitment was used because we had to commit to each other to dance together. Dependability was used because we had to be dependent on each other when people were being lifted. Responsibility was used because we were each responsible of remembering our parts because not every one had the same dance moves. Cooperation was used because we all had to cooperate to work together and get stuff done.