

SINGLE NUMBER PRECEDES LETTERED NUMBER. EXAMPLE: 1., 1.a., 1.b.

1.a. may refer to 1 or it may not -

WHOLE PIECE SHOULD NOT EXCEED 12 MINUTES IN LENGTH NOR BE SHORTER THAN 8.

INSTRUCTIONS AND IMAGES SHOULD BE DEALT WITH AS ~~LITERALLY~~ AS POSSIBLE, SIMPLY.

KEEP IN MIND THAT THE CHARACTER OF MY WORK IS GENERALLY RELAXED MOVEMENT AND WORKMAN-LIKE DELIVERY.

INSTRUCTIONS

1. KEEP IN MIND THAT THE CHARACTER OF MY WORK IS GENERALLY RELAXED MOVEMENT AND WORKMANLIKE DELIVERY.
2. INSTRUCTIONS AND IMAGES SHOULD BE DEALT WITH AS SIMPLY AS POSSIBLE.
3. WHOLE PIECE SHOULD NOT EXCEED 12 MINUTES IN LENGTH NOR BE SHORTER THAN 8.
4. SINGLE NUMBER PRECEDES LETTERED NUMBER, EXAMPLE: 1., 1.a., 1.b.
1.a. may refer to 1. or it may not.

Thanks, D.

Prior to # 1 arabesque, fall onto back leg and brush it through

1.



1.a. brace yourself

1.b. establish a pedestrian position and then make slight adjustments to it until it is entirely altered.

2. WALK FORWARD
5 STEPS

3. BACK UP 5 STEPS

4. TURN TWICE AND
CHANGE FOCUS

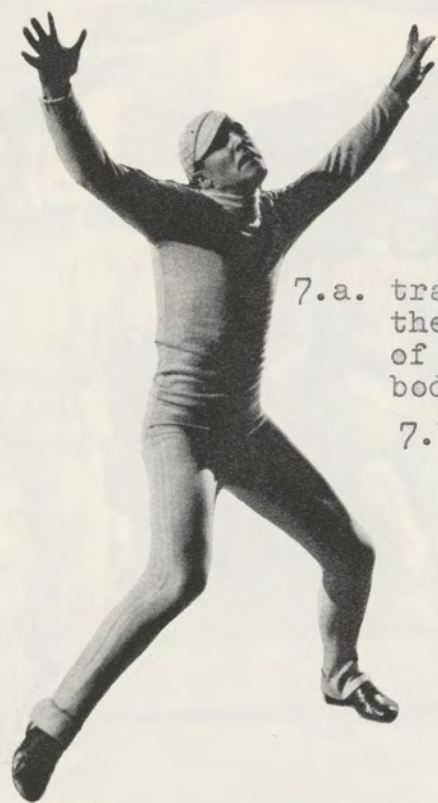
5.

5.a. rock in this position for 10 counts



6. 10 COUNTS OF STILLNESS
IN ANY STANDING POSITION.

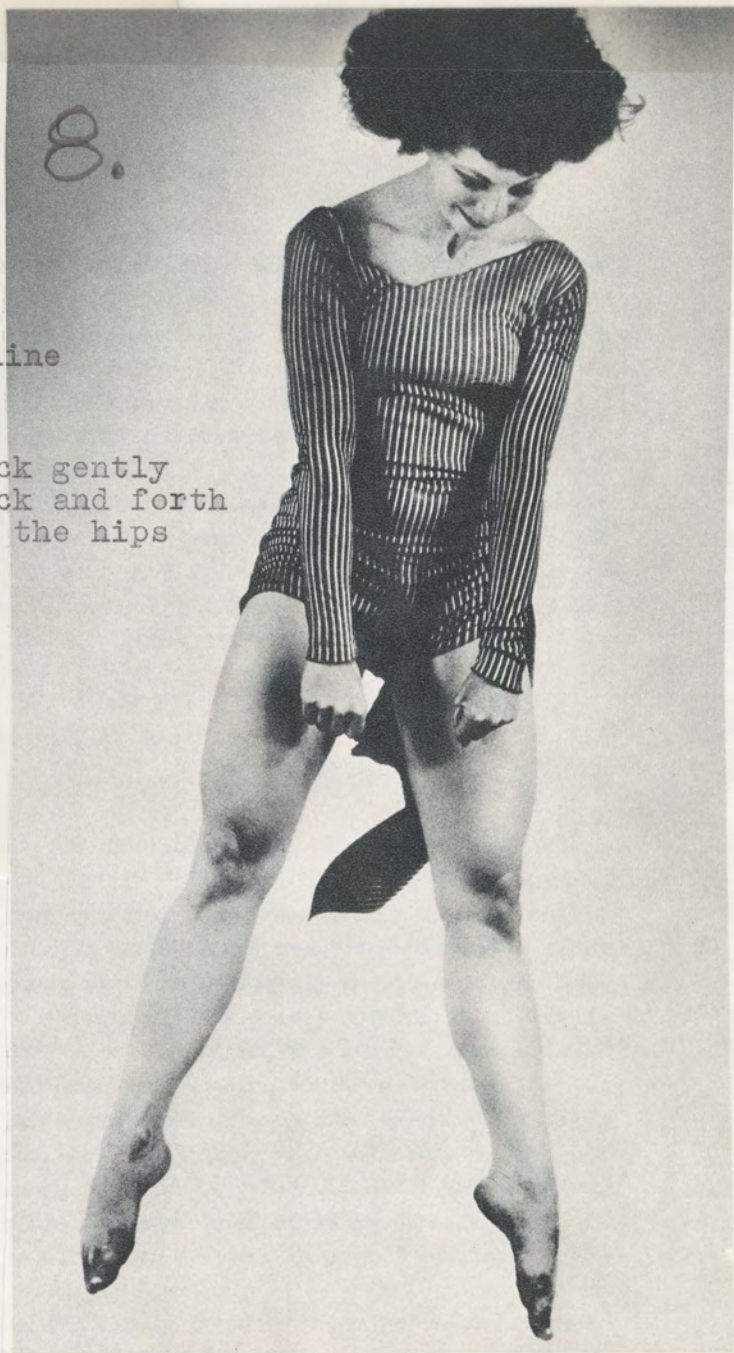
7.



7.a. trace the outline of your body

7.b. rock gently back and forth at the hips

8.



9. HANDS ON HIPS, DROP ALONG SIDES TO FLOOR.

10. TURN TO GO SOMEWHERE

11. SMILE AND SLIDE

11.a. crossed arms, crossed legs, hands on knees, eyes closed.

12. CHANGE FRONT AND REPEAT THIS PAGE.

13.



14. TRY VERY HARD TO FLY
(FOR ONE MINUTE)

15. Plié AND TWIST TORSO, CHANGE
FOCUS.

16.



15.a. throw all your weight backward
15.b. lazy recovery

17. ONE GESTURE
REPEATED SIX
TIMES, HOLD FINAL
TIME FOR 10 CTS.

17.a. lift, cut, squeeze, flatten, turn and wring.

18. RELAXED HOLD FOR 10 CTS.

19. MOVE SIDWAYS THROUGH
THE SPACE LOOKING DOWN.

20.



21. SNAKE

22. FALL

23. BRACE
YOURSELF

23.a. make yourself as
small as you can

23.b. travel in this
condition

24. LOOKING UP, PROPEL YOUR-
SELF BACKWARD THROUGH
THE SPACE, JUMP, STUMBLE.

24.a. standing on one leg, circle the other leg, bend both legs
and repeat

25.

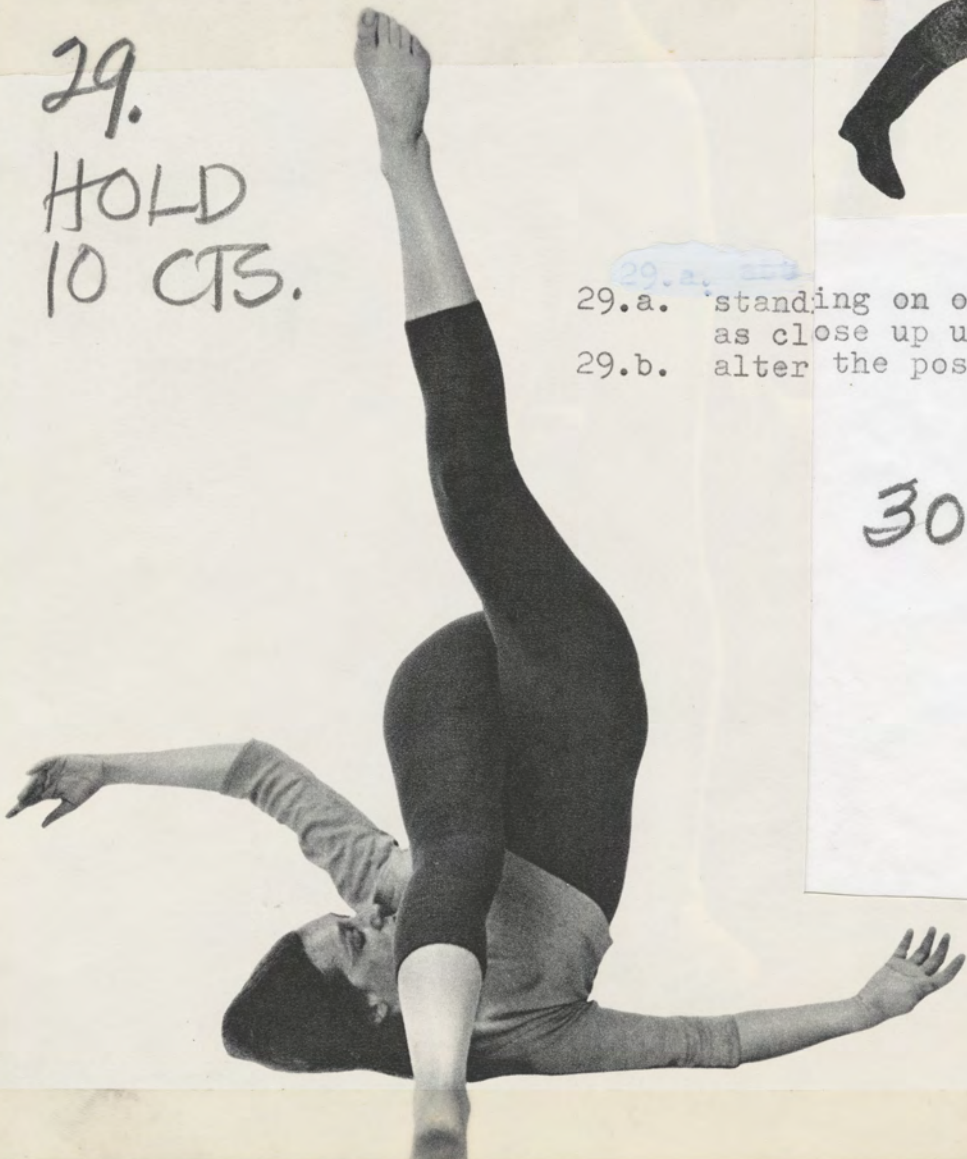


26. WALK

27. WALK
BACKWARDS

28. KNEEL

29.
HOLD
10 CTS.



29.a. standing on one leg, bring the other leg
as close up under the chin as possible

29.b. alter the position of the torso

30. 10 COUNTS OF
STILLNESS
IN ANY STAND-
ING POSITION.

30.a. step to the side
and resume the
same position and
hold for 10 counts

31.



32.



33.

TOP # 1

33.a do top # 2



TOP # 2

34. BRUSH

35. SINK

36. A SINGLE
DART AND
SLOW
REARRANGE-
MENT.

37. HANDS ON SHOULDERS

37.a. repeat
with
altered
focus

CROSSED ARMS

HANDS ON CHEST

ON HIPS

BEHIND THE BACK

ON ASS

SIDES OF THIGHS

KNEES

CALVES

ANKLES

FEET

HOLD FEET FOR 10 CTS.

38.



39. TURN AND
SPIRAL

40. BACK UP
AND FALL DOWN

41. LOOK YOURSELF
OVER

42. 10 CTS. OF
STILLNESS IN ANY
STANDING POSITION.

43.



44. RUN BACK-
WARDS WITH
ARMS RAISED.

45. LUNGE

46. CHANGE FOCUS
CHANGE DIRECTION
TAKE ONE STEP
REPEAT SEVERAL
TIMES.

47. SLOW Plié
IN SECOND

- 48.a. breast stroke standing,
lying on your back, on
your side, face down
48.b. using an arm or leg as
support while the other
limbs curl and stretch
48.c. dead stop

48.



49.



50. KNEEL IN
OPEN FOURTH

50.a. alter facing

51. ARABESQUE
ON FLOOR

51.a. alter facing

52.



53. ONE ARM
BEHIND HEAD LOWERS
HEAD TO GROUND

54. 10 COUNTS OF
STILLNESS IN ANY
SITTING POSITION.