

what if the gesture/action is a way of interrupting, by going with it for a moment, to find a different feeling.

Gu: picking something up from someone, what is the motivation? what does it say about me? And also: why move an object? I just want? It's in my score? OR is there an association, a sensing? What's happening with the physical relation to the object that gives me a certain input/information/association.

J: going from the score, it feels like I'm fixated to a certain path. I keep going back to my loop even if I'm on a different thing.

Gu: I wonder if there's something about the observing/participating state? That you can take a break to transport something(...)

In Reflect, to get into it: locating yourself in the room and in the body before starting. (reading) "Go with instinct and response": In Reflect it's free association. You leave the score for Reflection. (reading) "Sensing still" I don't know when that is.

- END OF HANDBOOK -

Gu: For tomorrow I was wondering if we could combine workshop and sharing. But what we did today felt less participatory than before. Do we start like we did last week? Then we talk them through finding the score. While you write, they go through sensing naming doing. They watch loops in sensing. In the second writing: audience sense-naming-do. Then watch the reflection.

DANGERS: <---> W.A.I.T. <---> AUDIENCE:

- Finding score _____
- Writing _____
- * Looping _____
- Rewriting _____
- Reflection _____

- witness
 - Guided sensing-naming-doing
 - witness with sensing
 - Sensing-naming-doing, physically
 - witness
- those who wish to sit or walk
- when dancers ready: sit with reflection

* During loops try and make contact with each other

Conclusion: hidden or pleasure!

After loop 1 → dancers rearrange the space and relocate (no breaks)

loop 2 → 2 interventions