
WORKSHEET

movement? music? - part of the friction

Preparation: bring your instrument, prepare a small movement and bring a short musical fragment you're working on at the moment.

Participants: approx. 8-20 persons.

Time: approx. 4-6 hours

Teacher prepare signs up front: - play/move in a loop - play/move only in fragments - play/move limited - transpose - pluralise.

SESSION I - movement

1 Walking:

Find you're way, walking through the room.

Awareness:

Perceive the other people in the room.

Perceive how far away or how near they are.

First Interaction:

Make eye contact.

Smile at the person who is crossing your way.

2 Variations:

Find Variations for your steps.

(For example concerning the range: bigger or smaller than normal, or the pace: slower or quicker than normal.)

Integrate the whole body:

Integrate your arms and your head in your ongoing movement.

Alternate:

Find other movements that underline your way of moving or that contrast it.

3 Observation:

Observe the movements of other participants.

You're allowed to mirror or copy them.

4 Individualise:

Find your own individual movement.

Alternate:

Make your movement bigger or smaller, faster or slower than in your daily life.

5 Integration:

Integrate the prepared small movement into your flow of movement.

Alternate:

Make your prepared movement bigger or smaller, faster or slower than in your daily life.

Keep on moving, just let it go.

6 Cooperation:

Find a partner whilst moving, simply by catching someones eyes.
Copy or mirror the movements.

Alternate:

Change the roles of who is mirroring whom's movement, without speaking.

(Your Partner could be at the other side of the room and you're still observing him/her.)

7 Decision:

Everyone decides for two movement patterns.

- a one that integrates your prepared movement
- b one that you have found while mirroring someone else

Repeat the two movement patterns.

Add on:

Decide how you want to perform them: Do they have an emotion? Do they remind you of a special situation?

SESSION I - movement + music

8 Music:

Play the music fragment that you prepared. Separately.

Jam Session:

Three people play their own fragments, the others move.

Impulses:

Hold up the prepared signs whilst playing/moving:

- play/move in a loop
- play/move only in fragments
- play/move limited
- transpose
- pluralise

9 Talking:

Short introduction in beautiful questions (15-30 Minutes)

HOW - WHAT IF - WHY

Beautiful questions are questions that imply to change the attitude or perspective of the performing participants by focusing on their own behaviour.

For example: How would I feel, if I'm the one who initiates the start of the next improvisation?

TASK:

Find a partner. Create a „**one minute performance piece**“.

Use the impulses from point 8 (max. 3) and the input of the beautiful questions from point 9.

Add on:

- Switch roles of who is mirroring who.
- Transpose the musical fragment. Use the Ganztonleiter I whole-tone scale. Keep the rhythm and dynamics. Alternate the interval structure if necessary.

Session II

10 Showtime:

Show your „one minute performance piece“.

11 Create:

Improvise with the whole group on the „one minute performance pieces“.
Start and end the improvisation in the pairs.

Note: There should always be three pairs in action/movement.

12 Emotions:

Make a mind map of emotions.

Add on:

Decide based on what emotion you want to perform.

Connect:

Get into pairs and choose two emotions opposite to each other. (5 Minutes)

13 Bring it all together:

Everybody engage in one big jam session.