

We will start our exploration as follows:

- A) First, each investigator will take a simple scan of the streets and neighbourhoods by walking like a regular pedestrian. By regular pedestrian I refer to the residents who live in these neighbourhoods and use these streets daily. Earlier this year, I worked on these streets for an artistic project for many days and became acquainted with the people and their public life by observing and interacting with them. Through this process of observation and interaction, I became familiar with their style of walking, pace of walking, their visual attention and body postures when they are out on these streets.
- B) Second, each investigator will work through the following scores to become attentive to his/her senses while changing the perspectives of sensing through movements (here our physical capabilities and imaginations as dancers become important)

## Moving and Seeing

### Score 1: Attentive Pedestrian Walk (10 min of exploration time)

- a. Choose a starting point on the street.*
- b. Start walking forward. You can also choose to walk in a zigzag pattern.*
- c. Do not walk fast, do not bend down*
- d. You can look left, look right, look up, look down, turn clockwise, turn anti-clockwise in any combination you wish. But focus on looking.*
- e. If you see something interesting, pause.*
- f. What is it? An object or a perspective.*
- g. Take a photo of it.*
- h. Take a moment to observe it - go close to it, move away from it, turn etc. but do not bend down. Stay at your standing height.*
- i. Take out your first sticky note. Write down in a few words or in 1-2 sentences what you saw.*
- j. Find a second starting point on the street and repeat b-i*
- k. Find a third starting point on the street and repeat b-i*

### Score 2: Crawling like a child (10 minute of exploration time)

- a. Choose a starting point on the street*

- b. Start crawling forward slowly. You can also use a zigzag pattern for crawling.*
- c. Look right, look left, look up, look down in any combination. You can also turn. For instance: crawl, sit (you are facing opposite direction now), roll and return to the crawling position. But focus on looking.*
- d. If you see something interesting, pause.*
- e. What is it? An object or a perspective?*
- f. Take a photo of it.*
- G. Take a moment to observe it - go close to it, move away from it, turn etc.. Stay at your crawling height.*
- h. Take out your sticky note. Write down in a few words or in 1-2 sentences what you saw.*
- i Choose a second starting point on the street and repeat b-h. j. Choose a third starting point on the street and repeat b-i.*

### **Score 3: Freestyle (15 minutes of improvisation time)**

- a. Choose a starting point on the street*
- b. You can start standing, sitting, lying down as you wish*
- c. Move between these positions slowly in any freestyle way you prefer. You can also jump while transitioning between different movements. But focus on looking.*
- d. You can walk with the movements, or you can stand in one spot while you improvise.*
- e. If you see something interesting, - an object or a perspective - explore it through looking while improvising – going close, moving away, looking from under, looking from above, jumping. Whatever you see, keep moving. But move slowly. The goal is to generate perspectives of seeing while moving. Stylized dance is not necessary here.*
- f. Narrate in words as you explore your interest above.*
- g. Take a photo of the object or perspective.*
- h. Pause if you need to at this point.*
- i. Choose a second starting point and repeat b-h.*

## Moving and Listening

### Score 1: A Blind Walking (15 minutes)

- a. Blind fold yourself or simply close your eyes. I will be there to guide you.*
- b. Hold my hand and walk slowly.*
- c. Hold the voice recorder with your other hand. The voice recorder will record your narration.*
- d. Pay attention to your hearing*
- e. What do you hear as you walk? Narrate it*
- d. If you hear something interesting, pause and explore hearing it by slowly moving your body. Moving can include – slowly walking towards the sound, moving away from it, sit down, get up, stand, bend, roll, turn in any combination. Narrate how this moving affect your hearing perspective.*
- e. Pause.*
- f. Continue walking again.*

### Score 2: What is the sound of the street floor? (15 minutes)

- a. Blind fold yourself or simply close your eyes. I will be there to guide you.*
- b. Hold the voice recorder in one hand. The voice recorder will record your narration.*
- c. Lie down on the street with your back touching the street floor.*
- d. What do you hear? Narrate it*
- e. Turn over. Your chest is now touching the street floor.*
- f. What do you hear? Narrate it.*
- g. Roll on the floor slowly changing your positions while maintaining the touch with the street floor.*
- i. How does it change your hearing perspective? Narrate it.*
- j. Pause. Slowly stand up.*
- k. Walk to a new spot on the street and repeat c-i.*