

1<sup>st</sup> rehearsal

Instructions 1+2 have merged instantly.

\*Choose one body point to apply NAZIA to: the choices were either shoulders or waist.

When choosing a second point, it was the arms.

\*Spontaneous thought 1: Forget you have a torso. Let everything happen with the feet.

\*Concentrate on one small spot: a foot

This small point rules the body.

How to move this in the space.

When speed accelerates x2 it gets jumpy.

Sometimes, instead of rotating you go up and down.

ZEXY

→ Two body parts: different rhythms in the 2.

Stephanos' knees.

Despina's duckling.

Marina's hands.

\*90's music can be a special theme. The music influences so, after feedback, we need something more abstract.

To do things: create a music list.