

2nd Rehearsal. Stephanos left. With Marina and Despina.

Instruction 1: NAZIA to all of your joints.

*manipulate the joints to go their way.

- Rotation of NAZIA can go in two ways

Instruction 2: If you had to choose one joint and explore all of its rotations, which one would it be?

The chosen ones were the shoulder and the hip. AKA the large ones.

*Everything else moves around this joint

For the hip mostly, this means involuntarily

→transformed to a **fixed point**

Instruction 3: finally, the one mentioned in the preparation phase: kseligwma.

Difficult for the shoulder, less so for the hip.

Instruction 4: Touch the barre with any body part you like (doubling as a counter) and move, while you hold the part there.