

Arriving Energetically

Bringing your attention, your presence, your will, into the room.... Arriving into the present moment.

Arriving Physically

Arriving into sensation...arriving into "body time" - where there's enough time to register your sensations and absorb their information and nutritional value into your system...

Assembly

...check in...plant seeds into our practice for the day...

Preambulation

Circulating through the dance space by walking, running and other simple variations....arriving into your movement, the space, and the community of people you're practicing with.

Skinesphere

Turning on, and becoming aware of, the movement inside the mass - all the wriggling, weight pouring, shifting, lengthening, contracting, falling, torquing, flowing, compressing, elating, sequencing, settling, exploding/imploding movement activity that happens inside your body but that doesn't move you through space very much....two main aspects are:

Bonding with the Earth

Releasing your weight to the ground and feeling support come up into your body from the ground. This sensation of release and support can be felt in many positions, including standing upright, feeling the "small dance of standing"...

Mobilizing/Agitating the Mass

Gently shaking and loosening the mass...mobilizing different mass areas...soothing and stimulating the body through motion, energizing and separating the particles of mass for greater articulation and readiness later on...

Kinesphere

Extending your movement, energy, attention, awareness, curiosity, desire into the space around the body by increasing tone, stretching, reaching, condensing, pushing... in the Underscore, the kinesphere is divided into "low" and "high"...

Low kinesphere

Opening up movement pathways through your kinesphere when your center is either on or close to the floor - rolling, crawling, scooting, sliding...this zone would include all manner of movement that prepares you to fall and recover and safely pass through the space from the floor up to about waist height...

High kinesphere

Extending your movement and energy/attention through mid-heights to standing level and even off your feet... Integrating high and low kinesphere, working to transition comfortably between them

Expanding/Traveling kinesphere

Extending your attention and mobility through more space, either by expanding the size of your sphere of movement and awareness, or by traveling that sphere through the space...

Overlapping Kinespheres

... the kinespheres of the dancers - the space through which their energy, movement and attention are circulating - will overlap with each other. This sensation of moving past and through someone's "space" (and of being passed) "stirs the pot"... primes the dancers for further connections... In overlapping kinespheres, you're moving through the landscape of different movement qualities and characteristics without interpreting the information yet; taking the ride like a hawk over a summer hillside.

Grazing

Warming up to interaction with others and the environment through a series of short connections - perceptual connections (e.g. you see a coincidence) and physical connections (your path of movement comes together with another mover's in a confluence and a touch). Noticing connections that you are a part of and those that occur between others. Allowing your solo dance to pass into, through, and between any of these connections, in any order. This is grazing.

Connections:

Touch

Divergence

Attraction

Contrast

Repulsion

Influence

Coincidence

**Empathy/
Resonance**

Intersection

Collision

Confluence

Tangent

More: "It is fun to make up new ones as we go along. Noticing what occurs."

Engagement

After a while of grazing through short touches and other connections, one allows oneself to stay or be drawn further into a touch connection and to fully "engage". You are no longer on your way to somewhere, tasting short connections along the way. ... We often use the first long engagement of the score as an opportunity to focus on the development of a Contact Improvisation dance - a CI warm-up dance.

Development

As soon as one engages, the dance naturally develops - deepens, unfolds, one thing leading to the next...

Resolution/End/Disengagement

Ending the engagement can be sensed or chosen...it can be resolved mutually, be interrupted, be ended by one person. ...

Recirculation Thru Score

Now, after the end of the first engagement, you are free to move anywhere in the score...

Open Score (with Observing and Reentering)

Now we are jamming - physically, energetically, compositionally, experientially. ...

At some point during the open score, dancers can individually step out of the frame of activity and observe, and several minutes later reenter, finding their way back into the improvisation. This is an important function of the score and is done with the intention of supporting, studying, and enjoying. There are many possible filters for looking at the activity.

Some possible filters/lenses for observing:

as phenomena...,

through the lens of the Underscore...,

as a composition...,

as physical dancing...,

as a jam...,

as a "village"...,

any way YOU SEE IT

Final Resolution Of The Room

At some point it is announced "five minutes to final resolution"... each individual (and the group) arrives at a common stable end point and holds it until everyone has arrived at the resolution...

Disengagement From The Whole Pattern

After the final resolution has occurred, each individual takes him or herself out of the final arrangement on his or her own timing. ...

Reflection/Harvest

Taking time on one's own to rest, warm down, review, and reflect...

Sharing/Thanksgiving

This is a time to come together (often in a circle or group) to offer reflections, some "fruits" of the harvest. Usually short remarks with little or no cross-talk discussion...

The End

Ending the sharing/thanksgiving time and closing the Underscore can be done formally or informally - with silence, a bell, sharing of food, a simple thanks and good-bye.

Streaming

Streaming is a sense of the ongoing flow of your energy and life force...

Gap

Moments in the improvisation where you experience a temporary absence of reference, a feeling of being between two forms and not sure what's happening or what to do.

Telescoping Awareness

Adjusting the scale and focus of
one's awareness... zoom
in...telescoping out...

Simplify

Use this whenever things have gotten too complex. Simplify and reduce everything to the basics - presence, breath, sensation...and now what. Simplifying is a handy alternative to completely shutting down.

Listening

Keeping your ears and other senses open. Noticing the sound and its connection and coexistence with what you're doing and what's happening in the room.