

Practice 2 . VOARTE / CiM – Companhia de Dança Bigger Me

Duration: depending on the number of participants (exemple: 10 people 20 minutes)

Getting to know each other. Working on coordination and attention through the use of voice at the same time as gesture/movement. Motor coordination and choreographic memory through recognising the other. Looking for your SELF in the here and now.

Step 1: observe space, prepare for the Meeting Point with the Body

Step 2: use the voice saying the name as a manifestation of our identity

Step 3: all participants say their name from right to left

Step 4: maintain the starting position of the Meeting Point with the Body

Step 5: in the circle say the name of the person on the left, going in order from the right and vice versa, playing with memory and rhythm

Step 6: say the name internalising the internal strength and associate the word superpower, looking for the counterpoint, the fragility, and make the gesture of the name

Step 7: each participant says their name with a movement and everyone repeats, combining each gesture to form a sequence

Step 8: for every two participants / name gesture, we return to the beginning and everyone repeats the names in the order of the circle

Step 9: always return to the starting point

Next Step: repeat the exercise in silence, without a voice, to feel the dynamics of the group and its rhythm of connection