

## Practice 3 . VOARTE / CiM – Companhia de Dança Gesture and Look

**Duration:** 20 - 30 minutes

Motor coordination and choreographic memory through recognising others. Use with eye contact in order to create another connection simultaneously with the movement. Working on movement in space and the rhythm of the group.

**Step 1:** use your gaze to connect to a participant in the circle

**Step 2:** to call the person we are looking at, we use the gesture of their name

**Step 3:** moving around the space using the movement of the name gesture and taking the participant's place

**Step 4:** each participant should only leave their seat when they start the process of using their gaze to connect and using the name gesture to call another participant

**Step 5:** feel the rhythm of the walk when calling another participant

**Step 6:** it is important to make eye contact to facilitate connection

**Step 7:** look at another person, make eye contact and change position, do not stay in the same place for more than 10 seconds

**Step 8:** use body language to realise that the other person is watching us

**Step 9:** everyone with everyone at the same time

**Next Step:** do the same exercise without going round in a circle, but walk round the space with all the participants