

## Practice 4 . VOARTE / CiM – Companhia de Dança Human Geography

**Duration:** 30 - 40 minutes

Choreographic score that is simple to use and effective for memory work and composition in space. Work on group awareness and listening based on improvisation.

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

**Step 2:** enter the space, using the gesture of the name or the energy of the moment

**Step 3:** a random participant says STOP after a few seconds, everyone stops in one position, feels the space, the participants around them and returns to the beginning

**Step 4:** at the STOP, become aware of the improvised event and when resuming from the beginning repeat exactly the same gestures and movements until the first STOP

**Step 5:** there is no stop at the end of the first STOP, bringing together the next movements

**Step 6:** a random participant says STOP a second time after a few seconds, everyone stops in one position, senses the space, the participants around them and returns to the start

**Step 7:** think about how each participant can add to what has been done

**Step 8:** when standing still add 1 movement that connects to another person (touching each other)

start > 1st sequence - movement > stop >

start > 1st sequence - movement + 2nd sequence - movement > stop

start 1st sequence - movement + 2nd sequence - movement + 3rd sequence - movement

start 1st sequence - movement + 2nd sequence - movement + 3rd sequence - movement + 4th movement connecting with the group

**Next Step:** Repeat the formula by complexifying the sequences of movement and arrangement in space