

DAWNS GERALD

Gerald's Dance

Formation: As many dancers as are available to dance, whom wish to do so, following figures of their pleasing which may include any of the Figures 1-3 below, as well as multitude of other variations.

Tune: Beginning with song, any song to which the majority of dancers are familiar and able to sing together. This may change depending on the dancers. Music that speaks to the dancers internal rhythms or no music at all. This could be played live or recorded and from any genre. This music can change each time dancers gather to dance this dance.

1. ***Led by song***

Led by song the dance meanders, turning and looping around objects and obstacles. Dancers follow one another with any dancer choosing to take the lead at any point.

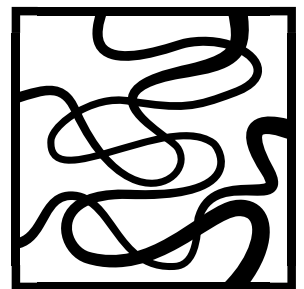


Figure 1

2. ***Trance***

Dancers move their bodies with the idea of playing with the gravitational pull of the earth, finding momentum in their limbs and finding where that momentum takes them. What do they get for free? This may take dancers to floor, before they rise up again just as quickly as they fell. Seemingly distorting their relationship to gravity and appearing as though in a trance. Dancers move individually.

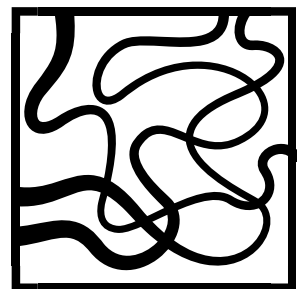


Figure 2

3. ***Representing with their hands and feet***

Rhythm enters the dancers movement in their hands and feet, rhythm of the heart, rhythm of the breath, rhythm of the pulse of blood through their veins. Dancers may move together or individually, they may connect through movement, breath or touch.

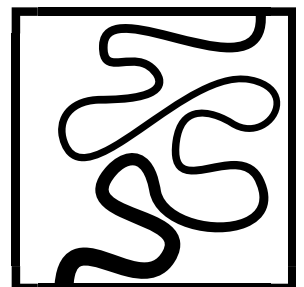


Figure 3