



This week, I am interested in the conscious and instinctive, direct and indirect effects of sounds, music, or any audio input has on me as an artist and as a person.

I would like to suggest three tasks related to this.

- Compose 4times 8 on a 68bpm with a metronome. Choose your topic for that choreography on your daily interest/intention. After that ask AI for a divers variety of music with that bpm. Repeat the choreography to those pieces of music and observe how your movements change on your body and the associated thoughts in your mind. Experiment with trying to stick strictly to the choreography you have imagined, then alternate to the music in certain places where you feel like it. Work with this transition. Then gradually shape the phrase into a universal material, as much as you can. Does such a thing exist? (4times 8 and 68bpm are just numbers. Of course you can choose different length and tempo depends on your interest)
- Make your body available for dance improvisation. Find your place in the studio and start to dance on a playlist of shuffled anthems of the world including your country's hymn. How can you - if you can - consider an anthem as a music? Without knowing the lyrics of the anthem, what thoughts and feelings does its melody evoke in you, and how does this translate into movement? How you can deal with your hymn? (This task came up at a previous tier too)
- Listen to sounds that have a particularly surprising effect on you. For example, the sound of chalk or fingernails on a blackboard, the sound of Styrofoam being rubbed together, someone chewing loudly... For some inexplicable reason, these sounds elicit extreme reactions in people: disgust, shuddering, goose bumps... Try to figure out why you and other people listening with you react this way! What could these sounds mean to us that they elicit such reactions? Even our bodies move with them...