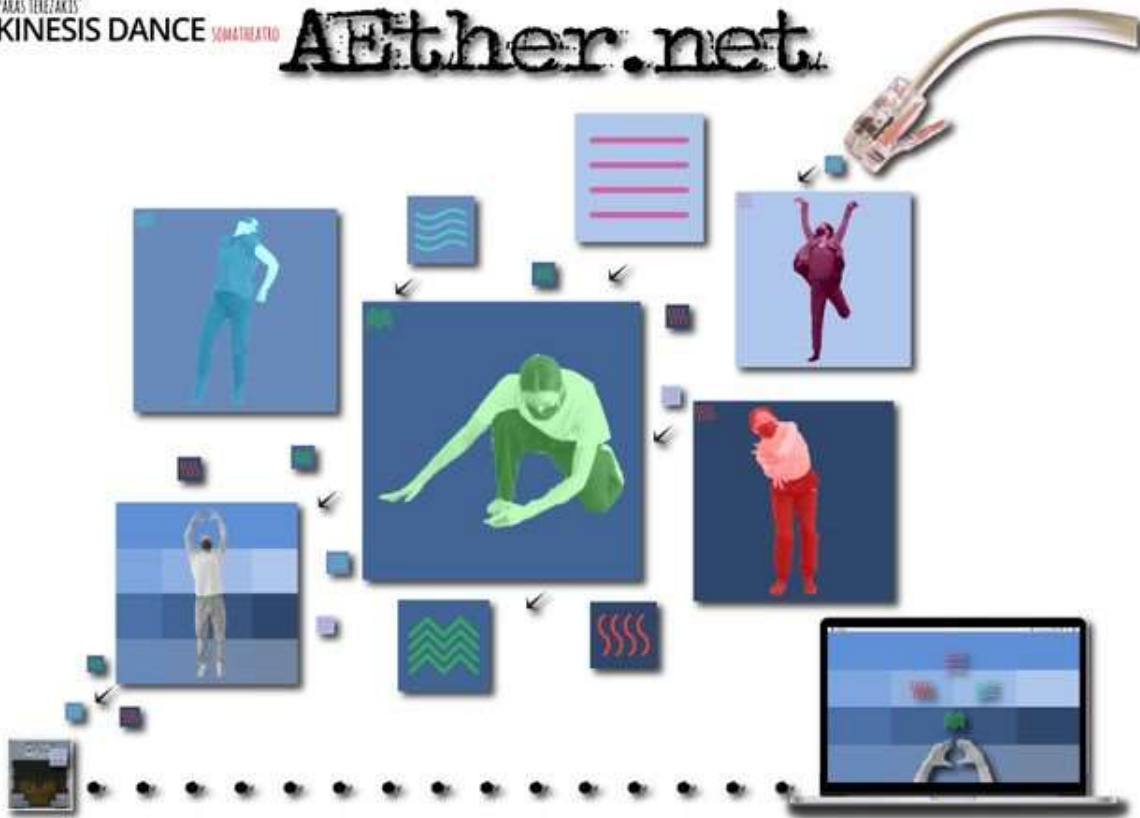


PARAS TEREZAKIS  
KINESIS DANCE SOMATHEATRO

# Aether.net



A community-engaged dance project

Water – Earth – Fire – Air - Ether

Help us spread a dance epidemic!

Open to all ages, all bodies, all gender identities, all ethnicities, all orientations, all abilities...

Have fun! Be safe!

**Watch – Learn – Reproduce – Record – Disseminate**



Kinesis Dance Society  
Level 6 – 677 Davie Street, Vancouver BC, V6B 2G6  
Tel: 604 684 7844 Fax: 604 606 6401  
Email: [info@kinesisdance.org](mailto:info@kinesisdance.org) Website: [www.kinesisdance.org](http://www.kinesisdance.org)  
Registered Charitable Organization: #118981448RR0001  
Donate: <https://www.canadahelps.org/en/charities/kinesis-dance-society/>

# Guidelines: Air

## 1. Watch:

You've received a video along with these guidelines: watch it.

## 2. Learn:

From the video you received, learn the 1-minute choreography.

If it makes things easier, you'll find on the next page the original dance put into words by our dancers.

## 3. Reproduce:

Keep the movements close to the original, but feel free to adapt the dance movements to your own abilities and to your own artistic practice.

## 4. Record:

Using your cell-phone, record yourself dancing.

Constraints:

- Do the recording near something that for you represents Air. Let your imagination drive you. Examples: on a windy day, blowing bubbles, with your fan on...
- Do the recording with your phone in landscape orientation
- Maximum size of your video must be 2GB



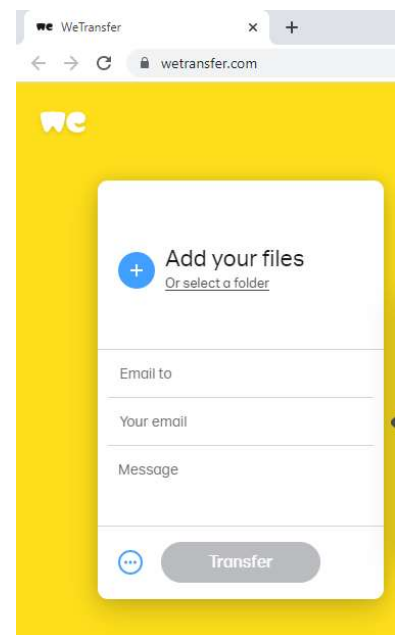
## 5. Disseminate

Send your video along with these guidelines to two of your family members, friends, colleagues, neighbors, acquaintances, and ask them to participate to this project. (Tips: you can use the same mode of sharing through WeTransfer, as described below)

## 6. Share with us by September 30

Send your video to us:

- Go to [www.wetransfer.com](http://www.wetransfer.com)
- Click on "Add your files" and select your video
- In the "Email to" field enter [info@kinesisdance.org](mailto:info@kinesisdance.org)
- In the "Your email" field enter the email address we can reach you at.
- In the "Message" field write down your full name, the name of the person who invited you to take part in this project, the city/country you are from and/or where you shot your video, if you self-identify as an Indigenous, Person of color, LGBTQ2S, Person living with a disability.



# Air: Dance Description

1. We start by taking 4 big steps towards the camera: left, right, left right. With each step the arms flap up and down like a flying eagle.
2. Fan your face with your left hand like you're in a hot summer day. Lean your head back as you do so. Quickly gather and grab the air in front of your mouth with your left hand, then pull your arm above your head and drop it down.
3. Repeat the same task with both arms this time.
4. Circle your left arm externally and circle your two knees together in the same direction. As you circle slowly bring the left arm above your head. Your left arm pulls your body up to a rise at the last moment.
5. Take a big step toward your right, dangle your left leg up (knee initiate to go up, while foot swing sideways) Lift both arms up from the side.
6. Step your left foot down. Both arms sweep together from above your head: left, right, left, right as you lower them. Then two or three big swinging arms at the end.
7. Gather your left arm to your chest. Mimic your heartbeats. Accent out, out. Repeat 4 times (8 beats in total) Let your right hand join the beats in front of your chest. The heels of both hands touching, and fingers open out on each accent. Repeat 4 times (8 beats in total) as you bring the two hands above your head.
8. Big eagle arms, down up, down up.
9. Blow your left hand out toward your left, then blow it to your right, then back to your left two times.
10. Lower your body, change the orientation to vertical. Blow your left hand up 4 times, start small and build up the blows, add a jump in the last blow. Then do a small, quick double blow to finish.
11. Arms open to the side. Turn counter clockwise on the spot 2 or 3 times.
12. Swing your left arm side to side as you lower yourself to the floor.
13. Lay yourself down, belly on the ground. Gather and swing your limbs to your right, then to your left.
14. Roll toward your right. Land on your back, two arms swings together in the air.
15. Continue to roll and gather yourself to stand up. Back up to the center of your space.
16. Swing your left arm side to side from above your head to your waist level.
17. Bring your left hand in front of your mouth, then blow it towards to camera gently.

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Please, remember that you are more than welcome to adapt the dance to your own abilities and artistic practices!

Have Fun! Enjoy!

Music "Zhar" from Acid Arab, available on Youtube here: <https://www.youtube.com/watch?v=6lfWFCwCUII>

# And what then?

From the videos you will share with us, Kinesis Dance somatheatro will create a video-montage, that will be made available for free online, on our website and on public screens in the public space.

Next year, once covid-19 restrictions are fully lifted, we will invite you to celebrate with us: we will organize a live procession of Aether.net dance in the greater Vancouver area. More details to come!

## Waiver

By participating to this project, you grant permission to Kinesis Dance Society to use your image in a video-montage that will be disseminated online and on public screens in public spaces, as well as in any promotion and marketing material related to the project.

By participating to the Aether.net project and sharing your video with Kinesis Dance, you hereby waive any right to inspect or approve the finished video that may be used now and in the future. You also waive any right to royalties or other compensation arising from or related to the image.

## Additional Note

All participants must have provided their video to Kinesis Dance by September 30, 2021. In order for the epidemic/contamination effect of the project to work, we would like to kindly ask you to go through steps 1 to 6 not too long after you received the invitation, so that the person after you has enough time to take part, and so on and so on.

## Acknowledgements

We would like to respectfully acknowledge the territory in which Kinesis Dance somatheatro is fortunate to create, as the ancestral, traditional and unceded territory of the Coast Salish Peoples, including the territories of the Musqueam, Squamish, Tsleil-Waututh Nations.

By its nature, our project might spread beyond the so-called Greater Vancouver area (maybe even beyond Canadian borders). We would like to acknowledge the Indigenous Peoples of all the lands that the participants to this project gather on.

This project is made possible through the financial support of the Province of BC and the City of Vancouver, as well as our donors, partners and members. We would like to take a moment to thank all of you.

We would also like to thank Versatile Records and Acid Arab artists for allowing us to use their music.