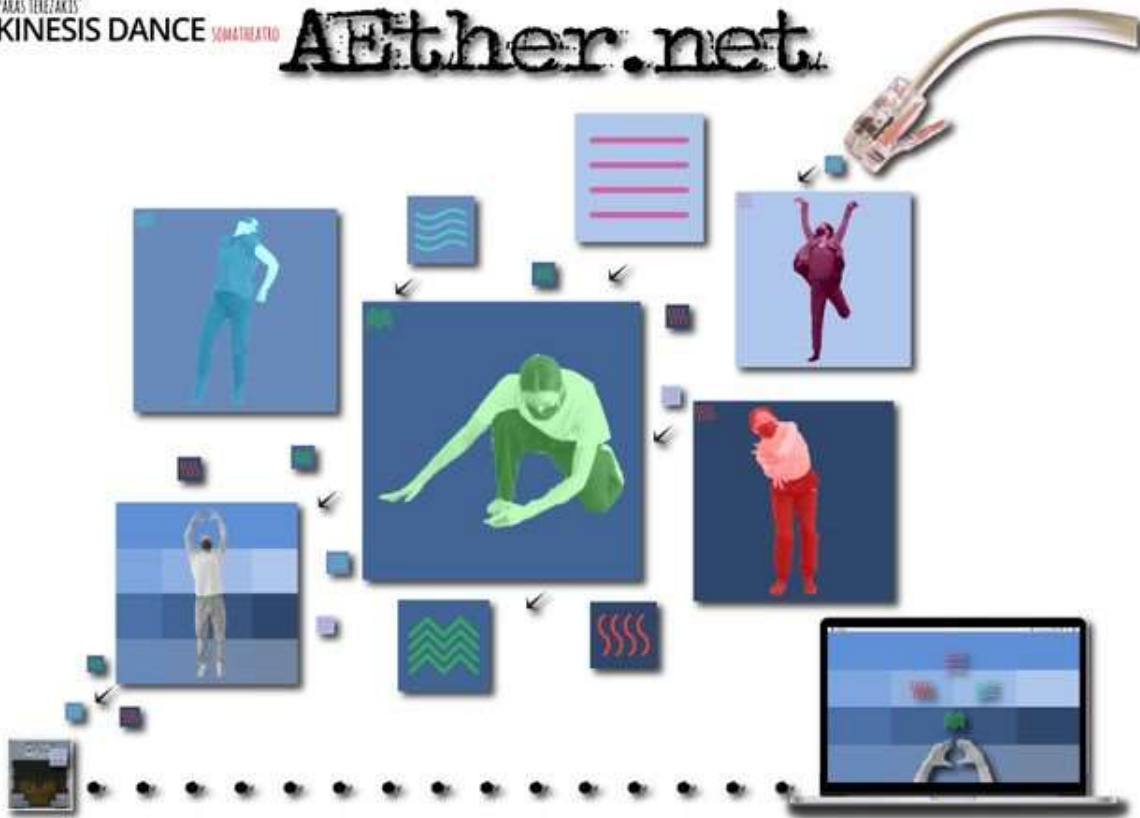


PARAS TEREZAKIS
KINESIS DANCE SOMATHEATRO

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 Website: www.kinesisdance.org
Registered Charitable Organization: #118981448RR0001
Donate: <https://www.canadahelps.org/en/charities/kinesis-dance-society/>

Guidelines: Earth

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 Earth. Let your imagination drive you. Examples: in your garden, feet in the sand, in the mud...
- Do the recording with your phone in landscape orientation
- Maximum size of your video must be 2GB



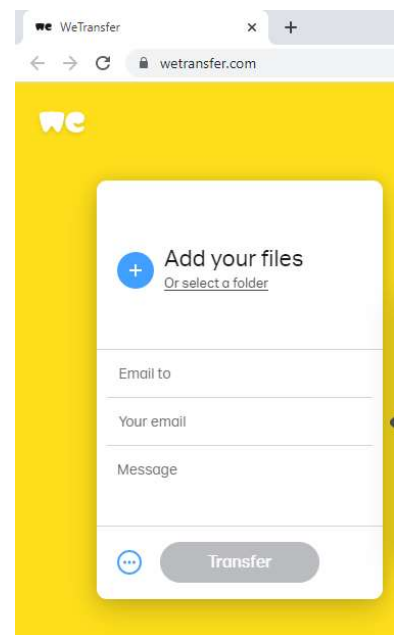
5. Disseminate

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
- Click on "Add your files" and select your video
- In the "Email to" field enter 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.



Earth: Dance Description

1. With fingertips touching, reach arms forward and gather back to yourself in circling motion forward 3 times
2. Reverse the motion and gather one time
3. Keeping fingertips touching reach up to right diagonal, swoop down and gather on lower left diagonal in a figure 8 motion, reach up and gather down to yourself
4. In a rowing motion reach across your body over the leg that is lifting. Lift the right leg, then left, then right, then left at the same time completing a rotation around yourself.
5. Flick hand out sideways straight out from your shoulders and rebound back in.
6. Touch your right foot forward on floor while snapping fingers on Right side of your face, repeat left snapping fingers on left side of face, repeat right.
7. Rebounding jumps as if you're on a trampoline 8 times swinging arms naturally by your side (on 8th jump throw arms up and shout HA). Repeat again.
8. 8 counts to improvise, sliding your feet on floor, and snapping your fingers quickly above your head. You can twirl, change directions, celebrate.
9. Place your feet together, knees bent, hands on front of thighs. In a side to side skiing motion move the knees right and left in time with music, grooving. 8 counts (16 movements)
10. Under a low ceiling with legs bent, step forward with right foot, forward with left foot, back right, back left, turn around the corner to the Right while stepping Right, Left, Right, Left.
11. Slide Right foot in backward kicking motion and stamp in down in front of you while at the same time snapping fingers straight out sideways, arms extended out from your shoulder height.
12. Slowly lower to ground.
13. Scoop/gather motion on earth using cupped hands.
14. Lean to the right pressing your hands into the ground.
15. Change your weight to the left, using left hand to support you and right arm extended in air on the diagonal out from your shoulder.
16. Rise up to standing by pushing into your left hand and lift both arms to sky in front of you
17. Small groove in shoulders while leaning back.

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.