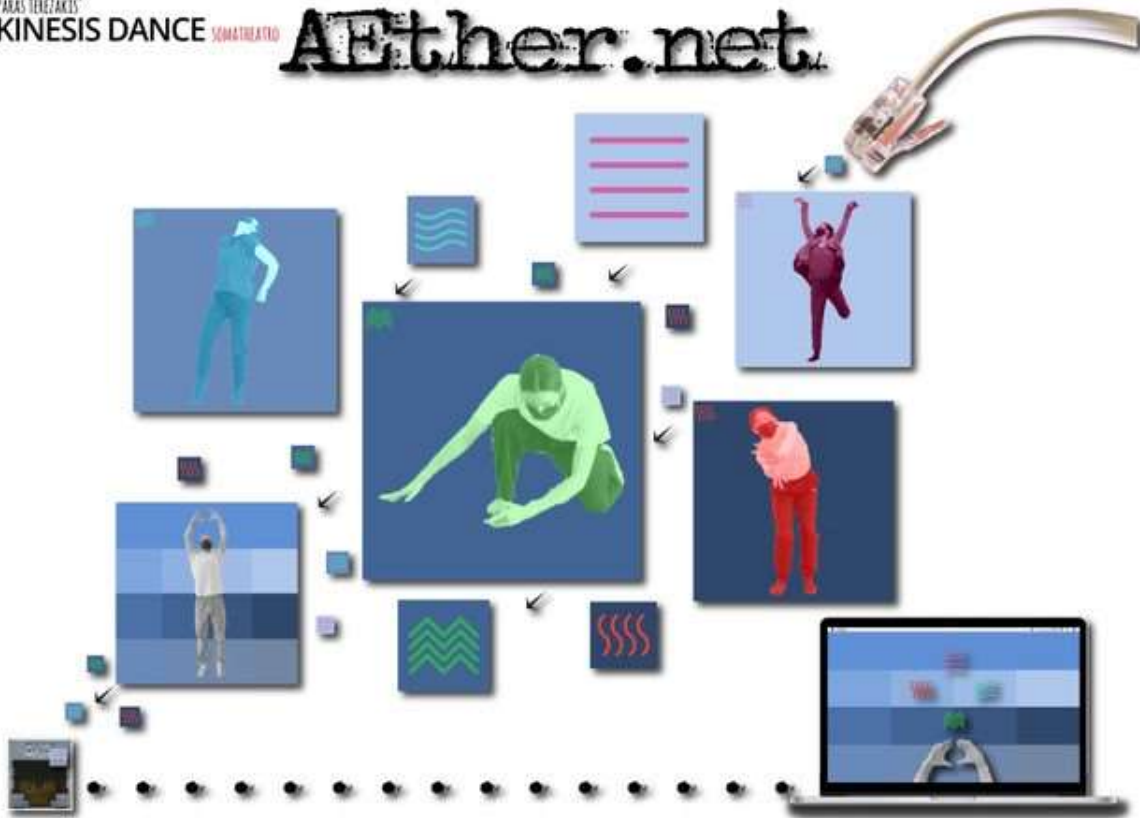


PARAS TEREZAKIS
KINESIS DANCE SOMATHEATRO

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: Ether

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:

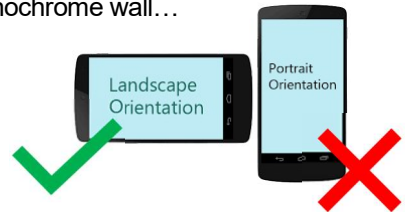
Keep the movements close to the original, but feel free to adapt the dance movements to your own abilities and to your own artistic practice.

4. Record:

Using your cell-phone, record yourself dancing.

Constraints:

- Do the recording near something that for you represents Ether. Let your imagination drive you. Examples: in a vast empty space, endless space, such as a monochrome wall...
- Do the recording with your phone in landscape orientation
- Maximum size of your video must be 2GB



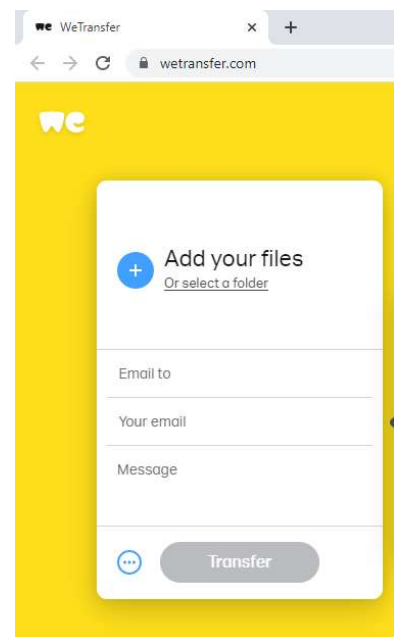
5. Disseminate

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)

1. 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.



Ether: Dance Description

1. We are entering the space with taking four steps starting with the right foot whereas our fingertips lead our arms on the side, all the way up to reach out to the sky.
2. We pivot 90 degrees to face the audience while our arms come down, elbows leading.
3. Right foot comes out on the side, our right hand brings the arm out, and snap in. Our right elbow and knee bend, elbow hit at the front, cross to the left and we come back up right foot and arm out on the right side. Repeat four times.
4. We put our hands together in a small circle that will lead us into four steps around ourselves. During the steps, your arms go up above your head, hands still shaping a circle.
5. From here, we are wrapping the hands around our head, down our body, as if we are putting a shirt on. Repeat three times.
6. We are now going to do a series of small steps on the spot. Imagine that your heels and shoulders are connected. Step back with your right foot, your right shoulder comes forward, and your arm follow. Same thing on the left. Step like this on the spot for two eight counts.
7. Bring your right foot in. Reach with your right arm and grab behind your left shoulder. As we grab, our left hand grabs our right elbow. Our right elbow drives down taking the whole body with it. Our right leg steps on the side while our right elbow around the corner. Our left arm pushes the right elbow and drives the arm back up into the grab position. Repeat 4 times.
8. Then we do just the grab section of this, four more times: with the left arm pulling the right arm, extending the hand, grabbing behind our left shoulder, right elbow pushing back down.
9. We are going to redo the steps from earlier with the heels and shoulders. But this time, we start with the hands behind our back, so it is just going to be the heels and shoulders. Do this twice faster than before. Repeat that for two counts of eight, and finish with your back to the audience, hands together in your back, and feet together.

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=6IfWFCwCUII>

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.