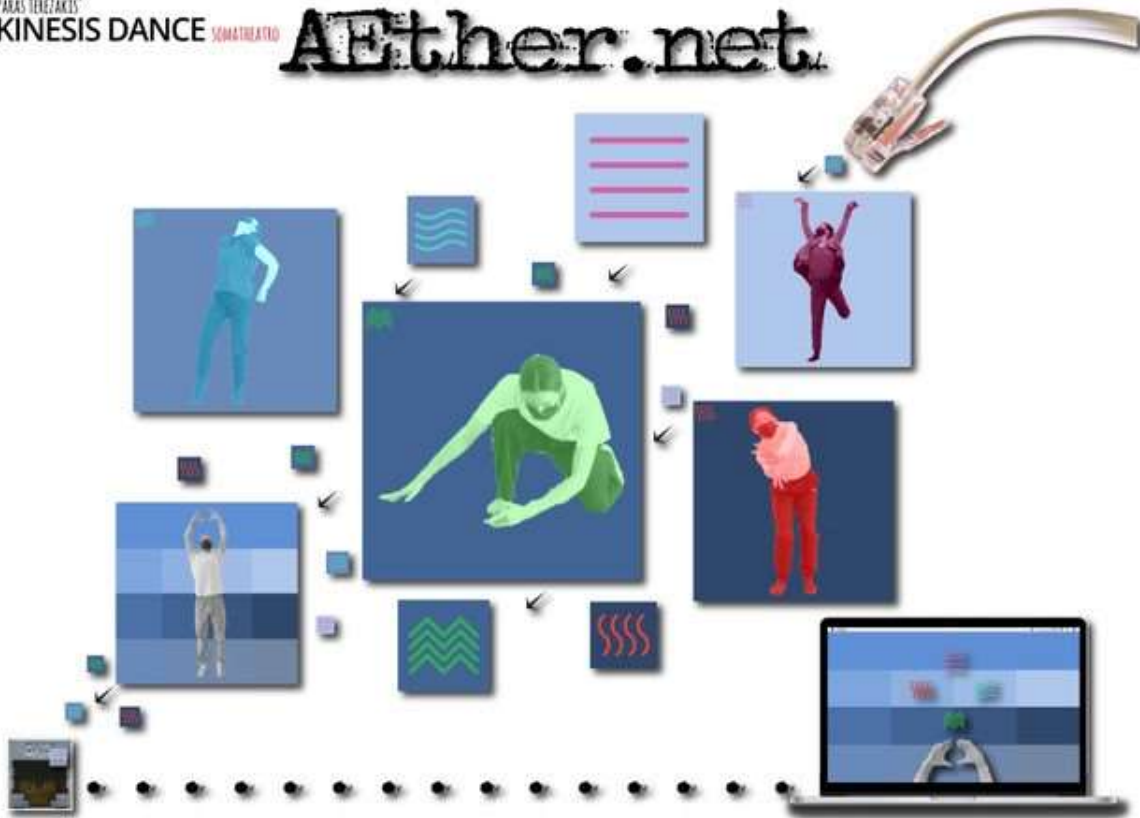


PARAS TEREZAKIS
KINESIS DANCE SOMATHEATRO

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: Fire

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 Fire. Let your imagination drive you. Examples: in front of your fireplace, beside your BBQ, lit with candles...
- Do the recording with your phone in landscape orientation
- Maximum size of your video must be 2GB



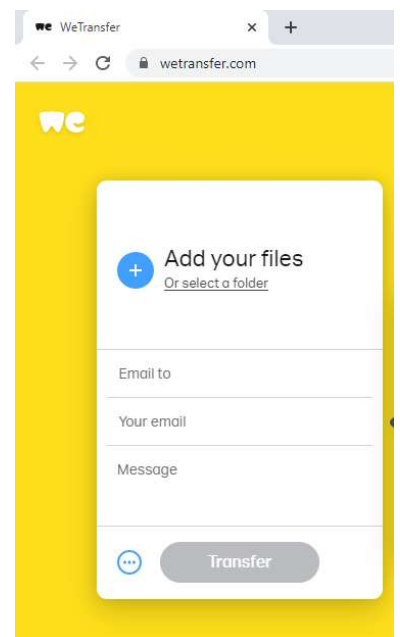
5. Disseminate

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.



Fire: Dance Description

1. Hold your fists as if they were sitting on a table pinky side down. Raise your fists and put them down on the imaginary table to your left side. Raise your fists again and put them down on the imaginary table to the right side. Repeat six more times. In total, you will take eight counts to move your fists eight times starting on the left. Every time you move your fists they will make a small rainbow arch.
2. Your last time moving your fists will end on your right side.
3. Take your 2 fists and roll them in small circles around each other. The direction of the circle is moving away from your body. The rolling of the fists continues into the next 8 counts. Every 2 counts, your circling arms will move side to side. You'll take 2 counts to the right to circle your fists, then 2 counts to the left, 2 counts to the right, and just 1 count on the left, because on count 8 both fists will touch your chest. When it comes to your chest, have the palm side facing into your body and the knuckles of our fingers pressed against one another.
4. For the next movement you can imagine that your torso has 2 doors that swing open from the center. Our fists will be those doors. Bend your wrist to make your fist swing open to expose your chest and bring your fists back to your chest to close the imaginary doors. We will repeat this move 8 times. As we repeat the action, our fists will come to different heights along our torso. 1st time it will be middle of your chest, then 2nd time a bit higher, then 3rd time by your stomach, and 4th time back to the middle. Repeat this 1 more time in these locations.
5. We take the same fists we used in the last move to make imaginary doors and this time we will move the 2 fists together as if they are glued together at the knuckles. Take your fists from low on your torso, draw them up starting to make a circle on your left side until they reach your upper chest. Keep the circle going down your right side until they're back low on your torso. We repeat the circular motion 4 times. The 1st half of the circle is quick with lots of energy and only takes 1 count. The 2nd half of the circle is slower and takes 3 counts.
6. You can imagine you were bringing both arms open as if you were about to give someone a hug. At the last moment, your fists close to the same position with the knuckles together, but this time out in front of your body. Each motion of going to hug and then quickly closing takes two counts and we repeat the action four times.
7. Take your fists and slice them through the space in front of you. Start with bringing your right fist up, and your left fist down simultaneously. Your elbows will stay fairly close to your torso while doing this. Repeat 8 times. We repeat the action 8 more times - this time slicing the fists in a larger line through space and now allowing the elbows to break free from the torso. In this larger version, feel free to go wild and let your spine react and dance.
8. For the next 8 counts, take your hands and quickly move them anywhere on the front of your torso. Use quick unpredictable movements of your hands while also moving your fingers rapidly. You can think of your hands as small flames flickering and creating sparks.
9. Take the heels of your hands together and spread your fingers out wide to make a flower or blossom shape. Have your palms face out to the audience. Twist the shape side to side and let it affect your body. We will twist eight times starting to the right. On the first four twists, bring the hands out far away from the body. On the last four twists, bring the hands back close to your torso.
10. Bring your two fists together. This time, the heels of your hand will be together and your pinky finger side will face the audience. Imagine that your fists are head of a snake. The snake makes a slithering motion up close to your head for four counts. The next four counts, it's slithers back down so your fists are near your torso again.
11. For the next move, take your hands and spread your fingers widely. Cross one hand on top of the other. Now that your hands are crossed, place them on your left ear. Now switch them to your right ear. Do this seven times. As you do it, let your body bounce and look in the direction that's away from your hands on your ear.
12. On count eight, we sharply bring our fists back to our chest. Our knuckles are together and the back of the hands face the audience.

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.