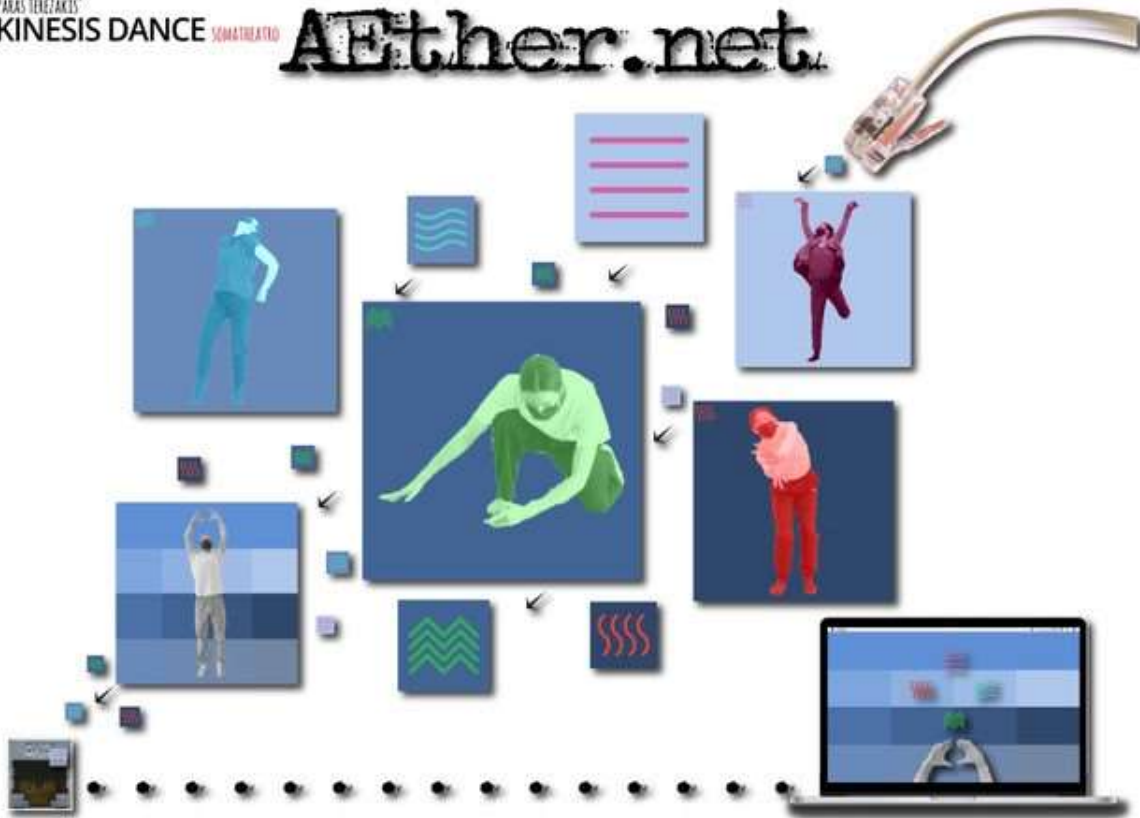


PARAS TEREZAKIS
KINESIS DANCE SOMATHEATRO

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: Water

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 Water. Let your imagination drive you. Examples: on a rainy day, your kitchen tap running, in your bathtub, near a body of water, the feet in the sea, under your lawn sprinkler...
- Do the recording with your phone in landscape orientation
- Maximum size of your video must be 2GB



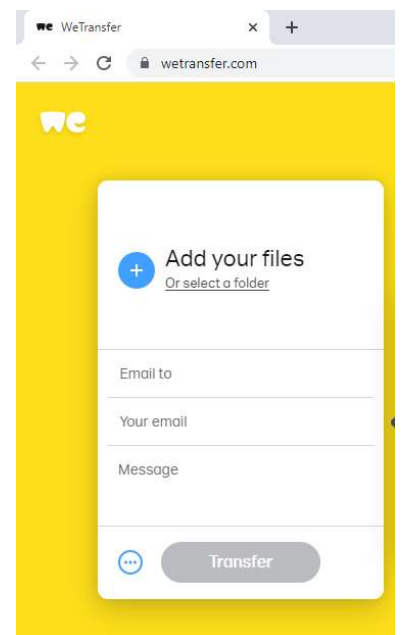
5. Disseminate

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.



Water: Dance Description

1. Start with right foot and walk forward for 4 counts
2. While walking forward for 4 counts sway arms right to left like water waves ie: when you take a step with your right foot your right arm swoops up high to the right and your left arm in front. When you step forward with your left foot, the opposite occurs
3. After 4 counts of walking take left foot to propel out to the left side to take a step.
4. Take your arms, right over left and do a wave movement like your messing up a large puzzle piece after you've completed it.
5. Then take your right arm and arc it all the way over - from the left, to above your head and down to your right side.
6. Do a step-touch with your feet, taking your left foot over your right as if your about to do a grapevine but not. Do this for 4 counts.
7. Then take your right foot to lead you into a full grapevine (crossing right foot over left and vice versa) for 4 counts.
8. Then propel your left leg up to the left side and right leg up to the right side almost like a can-can dance, but keep it very fluid (including your arms) as oppose to rigid. Do this 4 times (2 times on each side).
9. Then go into a salsa on spot, where you do a step toe touch, step back and repeat with your feet while keeping your hips wavy and arms flowy (You-tube salsa dancing to better understand)
10. Then take a step back with your right foot, once your left foot joins, propel your arms way up, hold it up and do a quick shimmy with your feet to take you a couple steps forward and then drop your arms down like a swing. Your body should be loose and almost follow by lowering down to your feet, almost like your body turns to a bit of a bungee cord.
11. On the come up, your left elbow immediately leads the arm pull movement (like someone has a string tied to your left elbow and they're pulling it) keep it fluid, and do that 3 times.
12. Then push your left leg up and out (lead by your knee) like a gush of water is propelling it from behind. Up and out. Use your whole body and arms to mimic the thrusting motion or undulation.
13. Then take both arms and water wave from left to right down by your knees, lean into a slight forward bend as if you are doing a frontal shimmy. Your arms and hips should be "shimmying" from left to right. After 4 counts of doing it with your arms down at your knees do it in the air for 4 counts, imagine the momentum of your arms like water or a gust of wind flapping a kite around.
14. Then, keeping your arms in the air but changing the shape of your arms to a 90-degree angle on both sides, and also making a fist with both hands, you'll be hopping, but on the landing each time you'll scuff your feet (like scuffing your feet into the dirt while hopping) twice in the left side direction then switching to twice in the right side direction. Alternate back and forth over 6 counts.
15. While doing # 14, you'll make sound with your voice. A pulsing "Ha" sound, starting from very small and quiet, and as you do movement # 14 the sound will grow louder, and louder and more powerful until you feel the full power of sound belting through your vocal instrument as if your voice were ocean waves crashing on large rocks. (Please be careful not to scream to the point of hurting your vocal instrument!)
16. After the vocal release you'll turn your body to the left and do a body undulation similar to movement #12, but this time starting small with both right and left feet planted. When you're facing the left your left leg should be forward and you're start the wave undulation from your core (or stomach), and simply ride the wave. Let it get bigger until it takes over your upper body and arms and the undulation has you throwing your left leg out (not up). Then switch to the right, with the right leg forward, and do the same gradual movement. Do each side for 6 counts.

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.