

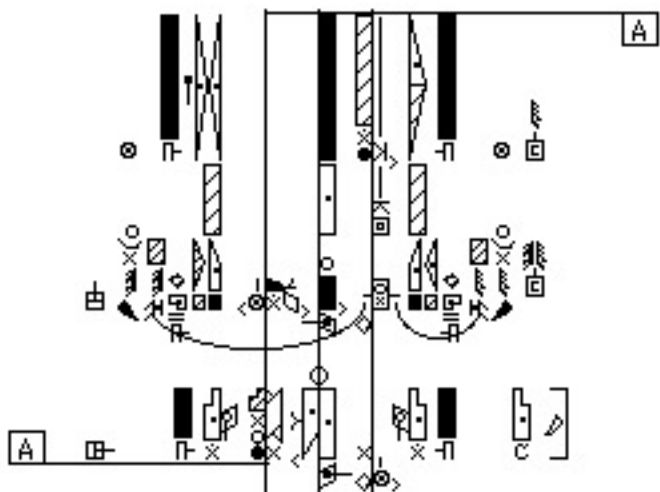
B Guidance for successional arm gestures

Notation above is one example based on the guidance below.

1. Arms start somewhere side high and gradually go somewhere side low.
2. As arms get lower, they move quicker.
3. The number of successions for both arms in the example above is approximate.
4. Add impulses during the successions on an irregular time basis.
As arms move quicker, impulses dissipate.
5. During successional arm gestures, lower and raise the center of gravity freely.
5. Start with thumbs facing back. As the movements quicken, face thumbs front.
6. End the phrase with the starting position.

4

3

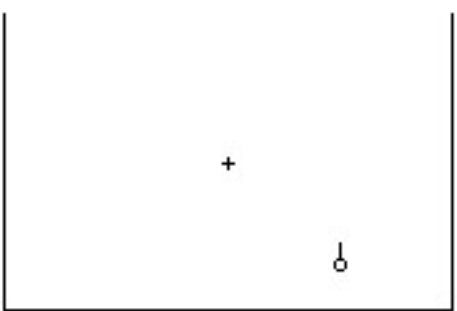


Silence

If this piece is performed with recorded music, the silence is approximately 37 seconds long, and if performed with live music, the cue for the music after the silence is taken from the dancer's movement starting at the beginning of p.5.

Dance Notation Bureau

2



Starting Position

1

3
4



Starting Position:
 Stand like a big old majestic tree.
 Feel the sunlight on your sternum.
 The right arm - visualize water dripping down the arm.