

## **MESA Festival: Street Movement Project Audio Transcript**

Credits

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### **Introduction**

Hello, and welcome to the Street Movement Project! Thanks for joining! It's great to meet you. You may be doing this with a friend. Or maybe it's just you and me. This feels quite cosy, doesn't it?!

Before we start, make sure you are complying with your local Covid-19 restrictions by participating in this audio journey.

I'm Amy by the way. And I'm a performer. I've done a lot of street performance over the years and I think the street is the best kind of a stage. You get to make things up as you go along. Which is kind of what we're going to be doing today.

OK, so ideally you find your way outdoors - wherever that may be. In the middle of your city, in a park, a forest, a station? But if that's not possible, you can try this at home too. I've always wanted to say that.

Keep distance from the people you pass by and don't go touching lots of surfaces. Turns out a mask is the new must-have accessory, so make sure you've got one on you. None of what we are about to do should put anyone at risk - but let's be extra safe!

Anyway, first things first - let's get moving! Start walking in the direction that you find most appealing, and if walking isn't your thing, then travel in whichever way works best for you. As you walk, I am going to introduce you to the Street Movement Project.

Ok, so - you're on the move now, yes? The aim is to get us out and about, and interacting with the space around us. I'd like to think that we might bring a sense of wonder to the world around us, and the way we move in it.

Keep walking and speed up slightly.

I hope you're wearing something comfortable by the way, maybe even a little jazzy. I'm in my hot pink onesie and lime green jelly sandals. Up to you! Remember you can pause this audio whenever you need by the way. I'd like to think one thing follows another, but if you pause me, I won't be going anywhere. I'll have an ice cream or something, and wait for you.

*\*time to move or explore\**

Time to slow your walking down now. As slow as you can, like you're wading through water in slow motion. Sometimes, I will tell you to stop in your location. Don't stop anywhere that puts you or others at risk! Just pause the audio and find an alternative space.

## **Warm Up**

Ok, hopefully you're somewhere kind of interesting just now. A space you feel comfortable in. It may be familiar or entirely new to you. But let's think of it as your playground from now on.

Turn your head to the left and notice what is there.

*\*time to move or explore\**

Turn your head to the right. What is familiar?

*\*time to move or explore\**

Look up to something high above you. What is new and strange?

*\*time to move or explore\**

I want you to take photos by blinking now – take snapshots of 5 things that draw your attention, and take a photo by blinking!

*\*time to move or explore\**

Make sure you get the right angle!

*\*time to move or explore\**

In your head, think about what you just took snapshots of. What draws your attention? How quickly did you forget about the things you saw?

*\*time to move or explore\**

Ok, now find a safe spot that is not in the way of any moving cars, or people. Stop and close your eyes. What do you notice outside now? What sounds? What rhythms? Perhaps pop one headphone out and see what that ear can pick up.

*\*time to move or explore\**

Opening your eyes, how about you change location now? That may be moving down the street, across the park, into another room. Off you go! You can pause the audio if you need some more time to get there.

*\*time to move or explore\**

So, now you've arrived in a new space. What do you notice here? Is it possible to focus on just one sense? Like, what you see?

*\*time to move or explore\**

What do you hear?

*\*time to move or explore\**

What do you smell?

*\*time to move or explore\**

How does this environment move you?

*\*time to move or explore\**

Continue walking through your space. Bear in mind I don't know exactly where you are, so you'll be adapting my instructions to suit. That's fine.

I'd now like you to trace everything you see with a part of your body you choose (and have most fun with). This may sound strange, but once you get going, you'll know what I mean. And if it really feels barmy, you can always choose your finger. I'm going with my elbow, maybe you've chosen your eyebrows - who knows?! But let's really focus on capturing the space around us with our body part we've chosen.

*\*time to move or explore\**

What are the textures and tones?

*\*time to move or explore\**

The tiny things, and the large.

*\*time to move or explore\**

Now as you do this, I challenge you to keep moving forwards. Go for it!

*\*time to move or explore\**

The space will change as you move and, yes, you'll probably look a bit silly by now. I mean, you should see what I'm doing!

*\*time to move or explore\**

Can you make these movements much larger now? Exaggerate them!

*\*time to move or explore\**

Now change the body part you are using, and try tracing the space with another body part. See how that feels!

*\*time to move or explore\**

Ok, now pick a new direction to walk in and get going! I'll explain what we'll be doing next.

## **Mapping**

Ok, so hopefully you are feeling a little warmer now. We are going to go a little deeper into the space around us. Bear with me on this one...

Did you used to avoid the cracks in the pavement? Or blink between lampposts in the car? Was that just me? I don't think so. Do you remember as a kid finding games in almost everything?

In this next activity I would like to have fun with finding those games again.

As you continue walking, carefully look down. See the space beneath you, as a giant map. Full of lines and shapes. It's a map you can step on, and explore. You can always pause if you need to find somewhere which feels more fun.

*\*time to move or explore\**

When you look at the ground beneath you, what shapes can you see? What are the boundaries between different spaces?

*\*time to move or explore\**

What different areas can you identify? Perhaps you can move from one territory to another.

*\*time to move or explore\**

For example, from a soft area to a hard area.

*\*time to move or explore\**

Or a colourful area to a darker area. How about warm to cold.

*\*time to move or explore\**

Now look up from the floor and see the rest of your surroundings. Do you see any gaps or spaces between objects close by? Try walking through those gaps!

*\*time to move or explore\**

Gaps, of course, can be many things. I'm currently crawling between a tree and a bench. And yes, somebody is sitting on it. Keep finding new gaps to walk or crawl through.

*\*time to move or explore\**

And now if you find things you can walk around, try circling around a few times. I'm getting dizzy around a lamppost. Do join me!

*\*time to move or explore\**

Uhh! Well, after that, maybe take a moment to stop and just sit down somewhere comfy. Feels good!

Just feel how your body has the memory of all that walking and moving in it.

*\*time to move or explore\**

Where have you chosen to sit down by the way? Have you ever sat here before?

*\*time to move or explore\**

And just look out and imagine for a moment that you are the audience. What's the show in front of you?

*\*time to move or explore\**

Anyway, that's enough sitting. Let's get back up again.

*\*time to move or explore\**

How about now you make up your own rule now? Every time you see a 'something' (you choose what that something is), you have to do a 'something' (you choose what that something is). So, like each time you see a bird, you have to do a twirk. I mean I can't twirk, so I wouldn't try that. But what feels ridiculous and fun? Try it out. You can pause the audio if you need more time. You can do this for as little or as long as you like. No one's going to stop you. And trust me, you'll be making some people's day!

*\*time to move or explore\**

## **Alien!**

Ok, so this is the moment we've been leading up to. We started simple, we're going increasingly "strange". And you're doing wonderfully. Humans were never meant to be normal after all.

So, without further ado, I invite you to imagine yourself as an alien. Yep. Just landed on Earth. You're very welcome!

Find a safe spot that is out of the way and close your eyes for a moment. Take a deep breath in and out.

*\*time to move or explore\**

So you are about to land on Earth and you've never been there before. No pressure. When you open your eyes, you will start to explore this new land, as if for the very first time.

Opening your eyes now, do the tiniest alien wiggle you can manage.

*\*time to move or explore\**

Great! Now a bit bigger.

*\*time to move or explore\**

Super! And now a lot bigger. Go for it! Wild alien wiggling!

*\*time to move or explore\**

Ok, so now imagine your body is made of jelly. Try wiggling again, but with more jellyness now. That's it!

*\*time to move or explore\**

Do you feel any different? I do. Ok, start walking again, but don't lose the alien jelly wiggle.

Ok, and I want you to move through the space in ways that feel completely strange and not at all human.

*\*time to move or explore\**

Let's imagine that the ground feels sticky. So each transfer of weight is very challenging and requires a lot of effort.

*\*time to move or explore\**

Now it is too slippery. So slippery you can ice skate on it. Keep slipping and sliding forwards!

*\*time to move or explore\**

Now try sliding backwards! Check first to see you won't bump into anything!

*\*time to move or explore\**

Ok, I love this bit! Imagine now that every object you pass has an electric charge and makes you vibrate.

*\*time to move or explore\**

Excellent!

Now, in alien style, can you move in slow motion?

*\*time to move or explore\**

Now fast forward!

*\*time to move or explore\**

Slow motion!

*\*time to move or explore\**

Fast forward!

*\*time to move or explore\**

And now back to a normal speed.

Wow! You're taking to alien life like a pro!

So now I want you to go to an object which looks especially strange to you. You as an alien, that is.

*\*time to move or explore\**

I'd like you to dance with it. Yes, I'm serious! It might be another lamppost, maybe it's a post box. You only live once, so let's make this a romantic dance. No touching though. Be Covid safe!

*\*time to move or explore\**

Fabulous! And now find another inanimate object that looks especially... cool, to you as an alien, that is. And how about some old fashioned disco dancing? Sorry, do I sound like your grandmother? Oh well, go for it, dear! What's your best alien jive?

*\*time to move or explore\**

Wonderful! I mean, so good I think you're actually now ready for our final task. I would love to see through your alien eyes, to see how you see the world around us. So I'm going to ask you to get this on camera, through your alien lens. And what I mean by this is - have some fun experimenting with ways of using your camera, as an alien might. Perhaps you turn the camera upside down, perhaps you only film

your alien feet. Let the film be as expressive and as strange as possible. Feel free to try out different ways of doing this. And, if you like, you can include your alien dancing with an inanimate object too! I mean, I'd really like to see that on camera!

Pause the audio, film something, or a few things, and then come back to me. I'm just going to have an ice cream.

*\*time to move or explore\**

### **Closing words**

Hello again! Well, I'm really looking forward to seeing your videos. We've come to the end of our journey now. It's kind of time, you know, to return to reality - whatever that means! You're very welcome to go back to Mars, or wherever you really came from.

Shake out your body and brush off any alien slime! I've loved spending time with you in this way, and look, I really encourage you to keep seeing the world in an upside down, alien kind of a way. Life can easily get a bit same old, same old, can't it? This keeps things fresh and, let's face it, totally ridiculous. So now just take a last deep breath in, and out - although do keep breathing, obviously!

Go on! Another! A deep breath in, and out.

You've done brilliantly!

Remember to upload your videos to Instagram and Facebook, and do tag [#streetmovementproject](#). And share with your friends too! Imagine if everyone started behaving like this?

I'll see you back out there!