

Chorégraphie

Nature Theater of Oklahoma

The following text is from a piece by the company entitled Chorégraphie (after one of the earliest books defining a system of choreographic notation by baroque dance master Robert Feuillet—Chorégraphie: ou l'art de decrire la dance).

The text for the piece was created from a series of recorded phone conversations, in which the directors asked the company's three main performers to describe in full detail the complex eight-minute dance they all do at the end of Act 1 of the company's epic dinner theater melodrama, No Dice.

As the three performers have no formal training in dance and lack a common vocabulary to speak about it, each of them describe the same choreography quite differently (and with difficulty). What we are interested in is the process and effort of translation, or transcription, of the physical language of dance into the abstraction that is spoken English, and from there back into dance again.

The piece when performed is the staging of a process of translation and transcription which takes place in three parts. I should also mention that during performance, the original phone calls are played in-ear as a prompt, and the performer's task is to stick as closely as possible to the exact description, including breaths, sighs, coughs, etc.

Part 1: Kelly, one of the directors, appears onstage in a professional showgirl dance costume and orally performs one of the descriptions. (The dance is left to the audience to imagine.) She walks off.

Part 2: A group of ten professional dancers is led onstage. Pavol, one of the other directors, introduces them one by one. They have only met the directors an hour before the show. They are told that this performance is actually an audition and that they will be eliminated based on their accurate and artful performance of the described dance moves. (The audience is measuring and evaluating the performance of the dancers against the language they hear.) Kelly describes the dance, and one by one the dancers are eliminated until only two remain.

Part 3: Kelly again describes the dance to the two remaining who listen. She walks off and they are fitted with in-ear monitors. The music comes up, and the two dance as again the description is played on the in-ear. (The audience sees only the dance that they have just heard described. They hear no more language. They link the performance perhaps with their memory of its description. The translation is complete.)

Chorégraphie premiered at Tanzquartier Wien in Vienna on April 13, 2008 as part of the performance panel: Nichts is aufregend. Nichts is sexy. Nicht is nicht peinlich.

LA DANCE. 19*

*Table de la mutation
des bonnes positions.*

de la 1 ^{re} à la 2 ^{me}	de la 1 ^{re} à la 3 ^{me}	de la 1 ^{re} à la 4 ^{me}	de la 1 ^{re} à la 5 ^e
de la 2 ^e à la 1 ^{er}	de la 2 ^e à la 3 ^{me}	de la 2 ^e à la 4 ^e	de la 2 ^e à la 5 ^{me}
de la 3 ^e à la 1 ^{er}	de la 3 ^e à la 2 ^{me}	de la 3 ^e à la 4 ^{me}	de la 3 ^e à la 5 ^{me}
de la 4 ^e à la 1 ^{er}	de la 4 ^e à la 2 ^e	de la 4 ^e à la 3 ^e	de la 4 ^e à la 5 ^{me}
de la 5 ^e à la 1 ^{er}	de la 5 ^e à la 2 ^{me}	de la 5 ^e à la 3 ^{me}	de la 5 ^e à la 4 ^{me}
	de la 3 ^e à la 3 ^e	de la 4 ^e à la 4 ^{me}	de la 5 ^e à la 5 ^{me}

from Robert Feuillet's *Choregraphie: ou l'art de decire la dance*

Section 1

We begin –
 Jumping up and down...
 Um – you're making a –
 Vague –
 (Well, not *vague*...nothing's *vague*.)
 Uhmmm.

A kinda –
 A – T-shape with your feet –
 The – the right foot
 Is coming in – the right heel is coming in for this one.
 So, that leg is a little bit more bent –
 Than the left – foot.

Uhm...
 You're mostly jumping on your left foot.

And while you're doing the jumps –
 Your – arms are going crazy, so...the –
 Left arm – is in – a loose fist...
 With – uh, the thumb – extended.
 And that's –
 Bending at the elbow.
 So your arm is sticking –
 OUT of your body –
 And bending at the elbow...
 And the first move the – the hand comes up.
 So when you jump the – left hand comes up,
 The – right arm – is –
 You've got the index finger pointing –
 And that's going up, too, so –
 Although the –

(pause)

The left arm is – is –
 Just coming out from your – shoulder.
 Bent elbow, and all of the move –
 Movement comes from – the elbow,
 You know, you don't extend the – left arm.
 The right arm is fully extended – above – your head.
 So when you jump – um.
 Your arms are –
 Your right arm especially is extended
 'Cause we gotta uh make this a really big movement.

So that's for a count of eight with the jumping.

Then – you're – we're gonna head –
Stage left.

And we're still in a line here.

We stay in a line.

For this entire –

We travel together...

Uh.

Um.

The second move we're – traveling stage left.

The – right arm is coming in a sweeping circle from behind...

A li – it's like your hand comes behind your shoulder...

(that's the goal...)

And – and travels in front of you in this sweeping –

A sweeping circle.

Uhhm.

(pause)

So.

And while you do that the left leg shoots out.

When the right leg JOINS the left –

When the right foot joins the – left foot,

You – snap.

With the left hand.

So.

Wi – it's:

Circle with the arms,

Step with the left foot...

Bring the right foot in,

SNAP!

(pause)

Uhhmm.

We got four of those.

As we're traveling stage left.

Then – we're gonna –

Bring it – tiiny bit back stage right –

With this – next move...

Where –

Uh, you step with the –

Right FOOT, toward your right

And as you're doing that,

Your right arm is doing angular – movement.

This part is the part where we may not look completely in unison, because – we –

We choose how exactly we want to move our arms in that angle.

Uhm.

And it –

This is just bending at the elbow, too.

And moving the hand.

Again with the fingers – STUCK together.

Uh, and the thumb – separate.

Uhhm.

So we – step to the right...

(pause)

Uh, and –

(pause)

It's: step and bring the left foot in.

So...

For both of those foot movements –

The arm is moving, so: angle,

(While you step with the – right),

Angle again when the left foot joins it.

Then we've got, uh – step, step step.

With –

Starting with the left foot, and pointing down with the left hand.

Uhhm.

(pause)

Now we've got –

Uhh.

The left hand – is – is – is going to shoot out with the two fingers pointing –

So it's like shoots out from the center...

And – and the leg is going to mimic –

The –

The movement of the arm.

So.

So – while – you balance on your right foot,

And the arm and the leg sweep out –

And when the leg – comes back,

When your foot comes back...

(This – this isn't a traveling move, it – it's all in place.)

It sweeps out, and when the left foot comes – back –

You bring the uh
Right hand down in a fist.
The very – a – solid movement, so,
It's this sweeping...out
And then: BOOM.
Right down with the – with the fist.

And you do that four times.

Now, we're going to travel further stage right, so...
We uh –
Go out with our –
Right leg...
This kind of um –
The same sensibility as the sweeping...?
That you've just done with the left leg, but –
This one you've got to – it's more of a lunge.

Uhm.
'Cause you're – you're moving, and you gotta –
Put your weight on it.

Uhm.

So we kinda lunge to the – right –
And while we're doing that, our left – arm –
Or our left hand is kind of doing that loose – fist
That our right hand had just done.
And it comes –
The elbow crosses in front of you –
While you –
Head right.

Then the left foot JOINS, or –
Crosses in front?
It crosses in front of the –
The right foot, to – do a step step step...
On the third step –
The right hand snaps.
Uh.
So you're lunging...
With the cross in front – with the elbow and the – loose fist
And then – and –
Cross in front legwise...
Step step
Step snap!

Uh...
Do that twice, heading stage right –

Then –
Then we've got jumping.

(pause)

Uhm.
And –
The –
Left hand is –
Kind of it – thumbs up.
Making the “thumbs up” signal.
The – left leg – just uh – goes...
Gha!
(laughs)
It just goes out!
Uhm... kha!
And you're jumping on your – your right leg.
Uh – and it's OUT!
And then – when the left leg comes back,
(This one is very fast)
Uh...
Out and with the – “thumbs up” –
Then when you – land.
Um, you have to shift your weight very – very quickly.
And you point down – with your right – and your –
With your right hand you point – at your foot.
Because you want to draw attention to the fact that your – foot is –
You're – kind of, uh...

(breath)

Your foot is – the heel, it's on the – floor, but the –
Toes are pointed up.

So you're drawing attention to that.
Uhm.
But you've gotta – really –
Shift the weight quickly,
So that the leg comes out – with the hand...
(It's crazy!)
And you...
Shift the weight quickly, and you point to the –
Foot.

You do those four times.
And – but – the – jumping is not done yet!
Uhhm.

Because now the –

RIGHT hand – is going to be in the “thumbs up” kind of
(Ugh... Jesus!)
The “thumbs up” fist.
And – the – left arm
Sweeps above your head, in – a wave – effect.
Uhm.

While you jump, so...

(pause, to herself: “Deh deh deh...” pause)

Ah!
And this – to get into this move,
Requires uh –
A ridiculous weight shift, too.
Because –
You’re going to be jumping –
Putting the weight on your left leg.
Uhm...

So it – while your right heel had just –
Been on the floor

(to herself: “Duh duh duh deh duh.... Uh!”)

Your – you’ve got to switch it very quickly.
Uhm.

And the right leg shoots out...
For this one.
With the – arms tr –
Moving simultaneously.
With the – leg going out.
And when you...bring your right leg back,
It – should come slightly behind the – left foot.

So we do that four times.
We’ve had a crazy jumping section,
Now we’re going to advance on the audience.
Uhm.

And that’s – the –
Triplet stepping, the – step, step, step.
With –
The...
Left finger – pointing above your head –
In that –
Uhm...
Pulsing movement.

So: step, step, step – with the left above your head...
Then – your left foot joins your right foot,
And you're going to do pelvic thrust.
Uh.
The side, back, forward...

While you're doing THAT,
Your right hand –
You've got the two-finger pointing thing, so –
While you're doing pelvic thrust:
Right hand comes out and sweeps out
From – your body.

Uhm.

And –
Yeah, that's ri – that's really –
You do that twice – the arm up – the finger above your head,
The traveling downstage.

Uh.
And you – you're – really –
The GOAL was to get as far downstage as possible, so that we could –
Really GIVE it to them.
Ah.

On this –
Next one –
The left arm –
Swings around in that circle.
With the –
Hand coming behind the shoulder and swinging down in front?

Uhm.

And then – we've got the – pulsing thing.
With the um – with the arm and leg.

So.

(pause)

Uh – you –
Swing around and pulse.
Swing around and pulse.
Swing around and pulse.

(pause)

Swing around –
And PULSE...
And then...?

(to herself: "What happens, what happens...?")

(pause)

(to herself, counting it out: "Duh – duh.... Duh, duh, duh.")

AH!

THEN – !!

(pause)

The – right hand – is –
You're gonna make a diagonal across your body with the right – arm.
And the left leg.
Uhm.
And the right arm is going to be doing the – kind of loose fist "thumbs up" thing.
("Thumbs up" is perhaps not as specific as it could be...)
You're –
Making that gesture but your – thumb is not actually pointing up.
It's just –
It's pointing – out.
Uh.
It's – pointing toward...you.

So.
Uhm...

(pause)

And – it's like your knuckles are pointing up.
Really.
Uhm.

But you're making this diagonal –

Okay!
So we got the thumbs up thing, we're gonna make the diagonal across the body.
Uh, your right – arm is doing the –
The – thumbs up.
And while THAT's moving, your left leg is moving, too, so your –
Left heel – is on the ground and your left leg –
Just – steps out a liiiitttle bit.
To draw attention to that.
So.

And that's for – uh – a beat of –
Or a count of four.

So – the arm comes up.
Or the – the – fist comes up, knuckles pointing...
To the –
To the sky...
The thumb is probably pointing at your ear...
Uh.
At that level.

And – and the left –
Leg comes out.
Resting on the heel.
Then it comes back when the hand comes down.
So, it goes: out, back, out, back.
And the arm goes: up, down, up, down.

Then the left arm is going to make –
Uhm...
The angled moves.
Again – ah – the – the three of us –
Uh, choose what angle – we want,
The very sharp – movements.

And while that's happening...
Uh, you're doing a pelvic thrust,
But this ones takes –
Takes more counts, so instead of the –
Simply the –
The side, back, front...?
On the three count?
This one goes: side, side, back, front.
Uhm.
While the – left arm is –
Making the sharp, angled movements.
And at this point the right arm is just at your side.
And the left leg is – is still.

Uhm.
Then – the – we are going to travel...
To the – left?
Stage left?
So we've got: step, step, step.
Tra – uh....
Starting with the left – foot comes out.
Uh...
And while that move is happening the – right arm?
Is doing the – uh –

Loose fist circle in front,
Bent at the elbow.
Uhm...
So the – fist is kind of in front of your chest...
Uhhh.
So, on the step, step, step – that's happening.
And – you want – to – be –

(pause)

Standing straight up and down
For this, because there's a –
A subtle move...
Uh –
Of the head
That, if you're –
Contorted in any way is gonna be lost, so.

You got: step, step, step with the spinning...
Hand?
Then – you bring the right leg in.

Uh, so –
You're – knock-kneed a little bit.
The – right thigh comes in front of the left thigh...
And your knee is in front,
And your foot is at this –
The – uh – it makes a –
A triangle sort of shape with –
With the left foot.
So left foot is straight, facing out –
The – right leg is coming in.

Uh...
To make that shape.

And then!
(Eh heh!)
The subtle head movement...
Is your head falls to the left.
So – the complete movement which is –
Repeated – twice.
Is the: step, step, step,
The spinning arm,
Bring the leg in,
And – head to the left.

Uhhh.

(pause)

Then uh...

(pause)

And the – this is, again, INCREDIBLY fast.

Uh.

So.

Uhm...

(pause)

And we're – VERY near the end.

And we're going to head upstage so

We can uh make a big –

Rush towards the audience for a big finish.

So...

We do –

Uhh...

The weight is on –

(to herself: "Hm-hm-hm. Hm. Hm. Hm-hm-hm. Hm. Hm. Heh HEH!")

The weight is on your right foot.

And we're just going to head straight –

Straight back.

Uh.

And it's just: jumping, jumping, jumping...

It's kind of a slide – back.

Uh...

And a jump.

Simultaneously, I guess,

Uh.

'Cause – you're not getting incredibly high up off the floor,

And you're really trying to –

Travel back as far as you can...

Uh,

While you're doing that...

With your right leg, doing that:

Slide, get your ass backstage...

Uh.

Or – upstage.
The – your left leg is doing this uh –
Pulsing.
So the knee is bent.
And it's – it's pulsing, and it's – it's also helping you –
Get back.
Uhhh.
From the audience.

The – left arm is doing –
Uh.
The – the spinning...loose fist.
Bent at the elbow.
And the right arm is doing a –
Kind of –
Is doing the uh – the pulse.

Uhm.
With the left leg.
So you've got that diagonal – happening.
And you head – upstage.
Then!
You – we RUSH the audience.

Uhm.

(pause)

Oh my god!
The left arm is NOT doing that spinning thing!

(pause)

I lied!
The left arm is also pulsing.

(chuckles)

Um.
At any rate!
We are upstage.
And we're going to head downstage.
So –

(to herself: I do...)

(long pause)

(to herself: No, the left arm IS doing that spinning thing.

Jeeeesus.
Okay.)

(long pause)

Okay!
Then the –
The final move where we rush the audience...
Is –
A–again that triplet step: one, two, three...
But this is HUGE – you uh –
(I especially have to take – eh – big steps ‘cause I got these –)
ANYway!
Uhhh...
So, do the step, step, step.
And while you’re doing it – it’s kind of this aggressive –
Um.
Euh –
Towards the audience, ‘cause the right arm is doing this –
The spinning.
The –
Loose-fisted spinning.
While you’re –
Uh, but it’s –
At this point it’s less of a –
A – perfect circle.
It’s kind of a –
An oval sort of thing.
Uh.
And you get about one and a half –
Spins.
Into it.
Uh.
While that footwork is going on.

Uh.
So you’re going –
For the audience –
HUGE steps –
On the one two three while the right – fist –
BUT then!
You know – we don’t wanna be – total DICKS to the audience, so the left –
Auhh...
Foot comes up to join –
And – and the left hand does the –
The waving motion above your head.
The big – sweeping waving motion.
Uh,
And it comes above your head and back out.

And then –
Ending with the uh –
Another – step, step, step.

Uh.
To the –
Toward the audience.
And with the – the fist.
And then –
The left foot comes up to join.

Awesome!

JESUS! Fucking CHRIST!

(chuckles)

Pretty good, huh!?

That's – that – that –
JESUS – GOD!

That's an exercise in SOMETHIN!

What the FUCK!?

Section 2

Okay!

Now this is gonna –

This is gonna take a little bit ‘cause I have to describe the actual moves.

Yeah.

(quiet) Yeah.

(silence)

Well, let me reward myself...

(she eats a doughnut)

Mmmm.

Okay.

Yeah! What –

(silence; chewing)

Okay.

Then...

And then the dance begins.

(sigh)

And – (ahem) – all this is –

Yeah.

(breath)

Um.

(smack)

So.

With the – right...

Arm.

(breath)

There's a pumping motion done with the index finger

Pointing up towards the ceiling.

And it pumps at the –

(breath)

At the elbow.

Up and down.

So...the elbow just keeps pumping.

That's the only thing that's really moving.

(breath)

And the right arm – creates – sort of an arc.

Uh we have a – the – the hand is – the fist with the – the thumb sticking out?

And – the – thumb.

Curves up?

Right?
 And then...so we have – the um.
(breath)
 Left arm – bending at the elbow.
(breath)
 The thumb crosses – at the chest.
 And points out towards the left.
 Right?
 And then the thumb curves down...
 And the – the the whole –
 Upper arm rotates
 Towards – uh, the body.
 So the thumb for a second is pointing at the body...
 And then – moves down.
 Past the waist and then out –
 Out towards the left side that way.
 And this is repeated.

So you go – the arm moves up?
 You know – crossing the chest and out?
 And then down.
 Crossing the waist and out.
 So that's the movement of the –
(breath)
 Right –
 Or – left arm.

And as that's happening the –
 Right –
 Or the left leg...
 Is hopping.
 Up and down.
 And – the –
(cough cough cough)
 And the – right leg.
(breath)
 Is sort of prancing.
 In a jerk.
 So it's sort of moving – um.
 Doing a – slow – uh.
 Slow rise up and then a more violent one.
 But all the movement is done at the knee.

So the knee is always loose.
(breath)
 And the – uh –
 Foot is never down.
 You know?
 'Cause the other one – the other leg you're hopping on –

The foot keeps going down the other one
Just – the mid –
The toe!
May touch the floor, but that – that's it.

(*ahem*)
So that –
(*ahem*)
That happens for –
Eight counts.
And it's still – the –
The body doesn't move...
(*breath*)
Anywhere in space.
Just – stay still doing – the move?

And then –

(*pause*)

The – right?
Arm.
Goes out – in a swim motion.
(*breath*)
So the arm – you know –
Passes – the shoulder.
Moves out in a parabola...
And then down towards the audience.
Then (*breath*)
It sorta sucks itself back in –
Towards the waist...
Goes back over the shoulder.
In another parabola.
Down.

And – (*breath*)
As it's doing that...
There's a – a step with the –
Left leg.
Towards the left.
So –
The left leg is – moves towards the left.
The right leg joins it...

(*pause*)

So –
We got –

(long pause)

Ah...

(long pause)

(quiet) Hold on just a sec...

(long pause)

(louder) Hold on just a second.

(pause)

(cough)

(long pause)

Okay I'm back.

Okay, good.

Sorry.

(snort)

(breath)

So.

I've described – the way the arm moves –

So the left leg moves – out.

Right?

The right leg comes to join it.

And when the right leg comes to join it,

Uh –

They alternate towards the –

Alternate to the –

Left – arm

And it comes up – forearm comes up towards –

So the fist –

Is parallel with the –

Shoulder.

And there's a snap.

Right?

So this repeats.

Going between – the –

Swimming motion of the –

Arm and –

And then the snap of the other – arm.

Same motion,

And then it's going – ALL THREE OF US –
Move towards stage left.
We let that – that travel.
The whole thing.
'Cause you're –
(*breath*)
Moving towards the left anyway with your legs.

And then, once we get there
Uh –
After eight counts.
The next move, um –

(*long pause*)

Is uh –
Take the –
Left arm.

Right?

Left arm goes up.
Stays stiff.
And the – the upper arm stays stiff.
The movement is at the elbow.
(*breath*)
And it comes up.
Towards the shoulder.
And then towards the chest
And towards the (*breath*) um –
Waist.

Or any sort of combination of those sort of moves?

And as that's happening the –
Right leg is moving – towards the right.
And the left leg comes to join it.
Right?
So you have –
You're re moving your arm so that – the
Right leg goes out –
Towards the right.
Left leg joins it.

And then – as you come back –
The left leg – moves out.
Back –
Towards the left.
The right comes to meet it.

And the left leg comes up.
The right leg comes up.
The left leg comes up –
And – as they come up they also go down, so that creates the 1, 2, 3.

And as that's happening, the –
Right arm is doing pumping motion.
To accentuate the 1, 2, 3.
So on the 1, 2, 3 it gives it –
Three – three good pumps.

Then –
(*cough*)
We're –
By that time – uh.
We've moved in space
Pretty much towards the –
The stage left uh –
In the center stage –
Up and down, but –
(*breath*)
Towards stage left.

And once we get there,
Um.
(*ahem*)
The –
Um.
Left arm –
Carves out – a sort of arc.
Going from – from uhhh.
Going right.

The – left arm
Carves –
Uh –
A sort of arc.
Out –
Coming – sort of going –
Towards the right side –
And then carving back towards the left.

So really you're pulling out towards the left.
You're carving out towards the left.
Using the two fingers.
Index – and the middle finger.
Of the uh –
(*breath*)
Of the left arm.

So.
(*ahem*)

So carve –
You're carving out,
And you're coming down
In uh –
With your fist.

With the – right arm.
So you alternate between the carve – to the left
And then – um –
Taking pretty much your – right arm.
Your right hand.
Making a fist with it.
And pulling down from –
Sort of head level to shoulder level.

Right?

And while you're doing this – with your legs –
As you carve out with the – left arm
Or as we carve out with the left arm –

(*ahem*)

You move the leg
In a similar motion.
Towards the left.

So the leg –
Creates a little arc in itself towards the left.

And as you bring the fist down from head to shoulder level –
You bring it back in.

So you go: out –
In
Out.
In with the legs.

And um.
(*ahem*)
That's all – stage left.

(*pause*)

All a' that.
And then –

After that –
You take the – right leg
And bring it pretty far out to the right
And let the left leg slide back to meet it.

Right?

And so that repeats.
You take the right leg, bring it out.
Left leg slides to meet it.

And as that is happening –

(pause)

You go –
Oh, hold on a second.

(very long pause)

Yeah.
And while you're doing that,
You have –
Uh – uh – um –
Grabbing...
With the – right – um –
Right arm.

Like grabbing into the space –
And pulling down.

So,
You bring your right leg out, and as your left is coming in –
You sort of pull –
With your right arm –
Some invisible pull that's above your head –
Down.

(pause)

So, you're bringing that sort of pull down.
Towards your shoulder.
As you slide.
That's what you're doing with your –
(breath)
Right arm.

So you slide.
And then as the slide comes in – there's a –

The right leg moves down
And the left –
Goes up and down –
And the right goes up and down.
To create the 1, 2, 3.
And –
To accentuate the 1, 2, 3.

At the end of the 1, 2, 3,
You come up with the left arm –
Uh –
Towards shoulder level
And make a snap –
With – between the middle – finger and the thumb.
(*breath*)

So –
And that repeats.
Going back and forth.

And as we're doing that –
Um.
We're moving across – the space.
With these – slides.
(*breath*)
So we end up – uh –
Just right of – center.
(*ahem*)
And then –
After that –
We uh –
(*breath*)
You –
(*ahem*)
Next move you take the –
Left arm –
And uh – you sort of make a curve across –
Across your uh – torso.
(*breath*)
And out at your chest.

So –
It's –
You're taking the –
The – hand and you're making a fist with the thumb.
So the thumb sort of travels in this arc.
Across your torso.
And then out – to the side.

And while you're doing that,
You wanna bend your right knee –
And then kick out with your – left – leg.

Right?

So you go down –
Down with the right knee,
And then kick out with the left leg.
And as – that's happening, that's when
That's when the uh –
Left – arm makes the sort of curve out.

So you go: down – curve out.

Right?

And then that –
(*breath*)
Uh – after you do that –
You – um.
You go:
Down, out –
Then – we – as you land on your – left leg
You're gonna put your right – leg out
And create two 45 degree angles.
(*breath*)
One towards the floor – with the one leg
And the foot – or, well – with the leg to the floor –
And the foot – and the leg to the foot.

So you're creating angles.

Right?

(*ahem*)

That's what you're doin' with your right leg.

As you do that – you take your right arm,
And you –
Point down.
In that same – sort of pumping motion.
(*breath*)
At the – uh –
At the elbow.

Right?

(*breath*)

And so these go back and forth between each other.

So you have the one – jump
Into the – pump down.
So those go back and forth.

(breath)

And we're doing that –
You know – uh –
Just right of center.

Okay?

So after eight counts of that –
(breath)
There's the new one.

And – this one –

Hold on just second here.

(long pause)

This one –
You wanna take your –
Left arm.
And – bring it from your side –
Arc –
Arc it up – over the head
And bend – bend it at the elbow
Once it reaches its full extension.
(breath)

Right?

And while you're doing that you wanna take your right – arm
And you wanna – make the fist with the thumb sticking out?
(breath)
And have that – travel in an arc across the torso.
Towards the shoulder.
So you're comin' down to cross the groin.
Up – across the chest.
And out at the shoulder.

Right?

So this whole motion's happening at the same time.
So the arm's coming up –
(I)
Both arms are coming up.

They uh –
The left –
You know –
Fully extended.
Reaching up.
And you have the right –
Crossing across the torso –
And as the – elbow begins to bend –
The uh – the thumb of the –
Right arm is –
Crossing the chest
And they both reach out at the same time.
So –
They become parallel to each other at that moment.
Because – as the – elbow is bending –
You have the thumb – also.
Reaching and bending over.
So you have two parallel lines being created.

(*ahem*)
Now –
While you're doing that –
Um.
With the legs...
You're doing something
(*chuckle*)
entirely different.

You're kick –
First, you're kicking out – the –
Right leg.

Right?

So.
(*breath*)
Hold on just a second.

(*pause*)

So, you wanna kick out.
(*breath*)
With the right leg?
Um.
So.
In order to do that –
You need to bend – the – left knee.
To – sort of come down.
To prepare –

For when you kick out that right leg.

(breath)

And as you're kicking out you're coming to the sort of apex of the –
The arms' journeys.

So both arms come to their –

Endpoint, once the leg is fully extended out in front of you.

(breath)

(ahem)

Then as it comes down –

The – uh – the thumb.

The right – well, the –

The right arm

(No...)

Which has the fist – with the thumb

Sort of retreats back to the side?

And – the –

Left arm – you know –

Finishes the wave, right?

So, that – it's gone – it's reached its full extent –

Well, its full –

With the elbow bent – uh.

Endpoint.

With the arm going towards the –

Right.

So then it does this –

The same thing...

Reaching its – full endpoint.

Towards the left,

So you have pretty much the arm extended out –

(breath)

Towards the left – from – the shoulder.

So you have full extension from the shoulder.

And –

(breath)

As you're doing that with the legs –

You wanna bend the – left knee in –

Towards the right knee.

(breath)

And the foot, um.

Almost points – almost points –

Due east.

Right?

So, you're coming out –

Um.

You have your left knee
Pointing – almost towards the right and almost on top of the other knee, so.
The knees are perpendicular to each other.
Right?

(*breath*)
(*ahem*)
So – you're –
You repeat that.
(*breath*)
For eight counts.
Or we repeat that for eight counts.
Facing – the audience.

(*breath*)
And then – after that –
Uh.
(*breath*)
We advance forward.
Right?
We advance forward with the – the wave fingers.

So.

The fingers of the –
(*breath*)
Right arm.
We have a little fist with the two fingers pointing forward.
And that cuts through the air –
Right?
At the uh –
Waist.
And uh –
Pretty much at the –
Crotch.
It – goes out – uh –
You know, it's – 'cause it's cutting across the waistline, right?
And it gets to the crotch –
And it goes out.
And points out and –
Heads towards the audience.
So that's your line.
Pretty much.

While that is happening,
(*breath*)
The –
(*cough*)
Left arm –

(*ahem*)

Is pointing up – and is doing that pumping motion
With the – wrist.

And we have the index finger pointing up, and the –
Rest of the fingers sort of down into the fist.
And – the pumping is happening with the elbow again.
Pointing up.

And while we're doing this – the feet

(*breath*)

Advance forward in one, two, threes.

So you have the right leg –

Going forward – the left one –

Uh – sort of creeping up behind it –

And coming down –

Then the right –

Then the right leg coming down,

Then the left leg coming down,

Just creating the 1, 2, 3.

Right?

So you go: one – 1, 2, 3.

One – 1, 2, 3.

Okay?

And so –

As we're doing this –

(*breath*)

We're advancing in a line

We're all still parallel to each other

But we're ad –

Advancing in a line – downstage.

Right?

(*breath*)

And uh –

Once we get – almost –

Fully downstage,

Uh –

We should be at the end of the eight counts.

And –

At that point – um – the –

Left arm –

Uh –

Comes up behind the head.

Creating a swimming motion.
Creates a parabola.
Up over the ear –
And then down –
Closer to shoulder level.
Coming out.

Right?
So –

And then as it retreats back...

(pause)

Um...

(pause)

O – okay – uh – so that's what the left arm's doing, right?
And that – and then – the –
At the beginning, the –
Legs aren't really doing anything.
But as it retreats back,
The right leg – jerks up.
And as the right leg jer – jerks up with its arm?
The right arm also does a jerk up.
(breath)
And the head – moves.
To the side.
So you have the head
Um – jerking
Towards the right shoulder.
So the head jerks towards right shoulder
With the rest of the body.
So the right side pretty much uh –
Collapses on itself.
You know?
In – th
That's –
Sorta fancy way of saying it, but –

(breath)
You know, everything sort of comes together.
Right?
You have your knee coming up,
You have your head coming down,
You have your arm going up,
So –
And you have your shoulder going up to your head,

So.
Everything is sort of collapsing in on itself, right?

(*breath*)
So.
That repeats.

With the –
They go, they oscillate between each other,
So you have your –
Swim.
And then you have your jerk up – with the head?
So there's eight counts of that –

(*breath*)
While we're doing that, we're –
Um –
Pretty much staying –
Uh, in our downstage position we were in before.

(*ahem*)
And so –
After that is done,
(*breath*)
With the right arm –
The – uh
The movement of the right arm is pretty much –
To – create a little –
Arc?
Uh –
You have the hand – in the fist – with the thumb sticking out?
(*breath*)
And we have that same arc that goes from the waist...
Sorta travels up the torso and out?
At the chest?
And then – uh – turns back in with the
Thumb turning back in towards – the chest,
And then moving down –
Uh, along the same arc?
Out – the other way.

(*pause*)
So it goes down.
So you got – you're having uh the –
Arc come up?
Across the chest...and –
Thumb turns back towards the chest,
Goes down,

Then out at the waist.

The other way.

And as you do that you're rotating your wrist.

So your wrist is fi –
At the beginning is – facing the audience
And –
As it comes back around the fist is facing –
Pretty much yourself.

As much as you can turn your wrist that way.

(*breath*)
Right?

(*ahem*)
So.
As you're doing that –
On the UP – swings of – the right arm –
The left leg comes out.
Creating the two 45 degree angles.
(*breath*)
Leg to floor – foot to leg, right?

And then as it makes its downward journey –
The leg comes in and goes parallel with the right leg,
Right?
This is all happening with the left leg –
The right arm –
Then the right arm does that again,
So this happens for four counts.
(*breath*)
Each upward journey, the leg creates the angles...
Each downward journey, it becomes parallel with the right leg.
So this –
(*ahem*)
Goes on for four counts.

And then –
The – left arm.
Comes up...
(*breath*)
Um.
It – comes up stiffly from –
Like your arm is down, and then it bends at the elbow?
With the hand – facing – right?
With the palm of the hand –

(*ahem*)

Facing stage right.
And then – uh – it comes up at the shoulder...
At the chest and at the – waist.
Or any combination of those.
And as that happens, we – we all say:
“I’m a sexy robot!”

(*pause*)

Right?

(*breath*)

And then uh – after that –
There’s a –
We all create a fist.
With the – right arm?
And move it around an axis, so.
Like if you take a string from your armpit
And you create a perpendicular line to that?
That’s – that’s the axis.

So, as that turns – the –
Left leg – moves out.
The right leg – comes to meet it?
So you go: one –
The left leg comes out –
Right leg comes to meet it:
One, two, three.
So you have: left, right, left, right, left.

Okay?

So that’s what the legs are doing.

And as the arm just does that –
So –
No.
Yeah, so um –
Hold on.
It’s not left right left.
I’m wrong.
(*snort*)

(*breath*)

So, it moves along the – the – uh so –
Your right arm is doing that along the axis...
Right?
And then the leg goes out

And the left leg – goes out,
Right leg comes to meet it,
Then the right leg bends over – the right knee,
Bends over the left knee.
And the foot – uh –
Goes up on its toe?

Right?

Facing, sort of –
At the angle of the foot is – um –
On the compass point let's say its northwest, right?

(*breath*)
So it creates that position.
And then –
The head goes down.
The head –
Leans down or – tilts down, I should say...
From – so the ear tilts towards the –
(*breath*)
Left shoulder.
Right?

And the whole time the – fist is moving around the axis.
See – uh –
("Deh, duh..." to himself counting it out...)
It actually DOES do the one, two, three!
I was right!
(*snort*)
Yeah. So I've –
Everything I've said has been right.

(*breath*)
Okay.

Then –
(*ahem*)
After that, um –
And as we're doing that, we're – moving –
We're making our way towards, um –
Stage – left.
And – by the end of it we've sort of centered ourselves –
As best we can –
Downstage center.
Alright?

(*breath*)
And then

(*ahem*)

For the next move –

The – left –

Or, no, the RIGHT arm –

Pats an invisible – sort of –

Something – at about – sternum level.

Right?

So it just continues to pat this – this thing at about sternum level,

But out – out in space.

Right?

So it's like – like a foot out in space that's being patted.

(*breath*)

But, uh –

With the palm facing the floor.

Now the left arm is –

(*breath*)

Moving along this axis again.

With the fist moving along the axis...

Right?

And um –

(*pause*)

The –

Left – uh – left leg is – hopping – back?

And the right is jerking – back?

So the left hops as the right jerks,

And with the – the jerk,

The – knee comes up slightly – on the first count and then –

Fully – on the second.

So on the second one you want to get the – your, um –

Upper leg al – almost parallel to – your waist.

Right?

So,

You go up a little bit and then up all the way.

And as this is happening –

(*breath*)

(*ahem*)

We're traveling back

(*breath*)

Upstage.

Right?

With this move.

And then obviously at this point
(breath)
 The eyes need to – to – get –
 Very big, and –
 'Cause this is – sort of the –
 Pretty much leading to –
 This is the grand finale.
 You know.
 So, moving back
 Moving back...
 And then, um –
 We come forward,
 And with the –
 Left –
 Arm –
 Pat the air in front – for two – beats,
 And as you're doing that with the – left leg
 You move forward,
 Bring the right to meet it –
 And one – one, two, three?
 So you go: one –
 (Not on the one, two, three, but –)
 And so –
 The left leg goes up and the right –
 Comes – to meet it with the –
 And then there's another step.
 With the right.

So –
 The right – the left leg comes up,
 The right –
 And left, right –
 Steps to meet it.
 So you go: one, two.

Right?

(ahem)
 And then, the –
(breath)
 Right arm –
 Comes from the side –
 Curves up 'til it's fully extended from the shoulder
 Goes above the head 'til it's fully extended from the head
 Bends at the elbow –
 And, uh and comes back –
 Comes back out?
 So you're – you're creating a sort of wave over your head?
 With that...

While that's happening,
With the feet you go:
You're going out –
As the wave –
Comes in.
Right?

And then –
Out with your right foot.

Then as it comes back, you're moving your
Right foot in – toward –
Towards your left?

Right?
(*ahem*)

And then –
After that you take your left foot –
And – move it forward,
Bring your right foot behind,
Then lifting up your left foot again –
Bring your right foot down...

As you're doing that –
Um – you're –
You hit the air in front of you twice with your – left arm.
And your palm –
(*breath*)
Is down.
So you go: hit!
And this is at –
All at sternum level...
You go: hit, hit.

And, uh –
As – as we're doing that,
We're traveling –

(*pause*)

Forward – or we're almost downstage –
(*breath*)
At the end of the last one, and then we – finally get –
Right – downstage in front of the audience.
Downstage center.

And that's fuckin' IT, man.

Section 3

So we now begin.

At – uh –

I, usually, as soon as the beat happens that that begins,

Uh, uh – the – I –

I usually have a sort of uh – a exhalation.

Like a “huh!”

And...

So...

We’re hopping on...our –

All of us now together – are hopping on our left – left foot

And the right foot is pointed down

The toe is kind of touching the ground.

It comes up a little bit,

But we’re mostly just –

But we’re hoping on the left foot

The – the right foot is pointed with the toe to the ground...

The...um –

Right hand is – uh, pointing up and down up and down up and down

On every other beat, while the –

(Uh – that’s the left hand...)

While the right hand is pointing –

Is pointing up doing the –

The John Travolta/ ABBA – uh, move.

And you do that for eight beats.

S–so it’s –

Eight beats of the uh –

We go: “huh!”

As we begin the eight beats of this –

The first move of the dance.

(breath)

Then!

We move – uh –

Towards the stage left all together.

Sliding left foot first –

Right following.

On each – first doing – uh – er eh – doing the –

Doing the – SWIM move...

Wi – and with – with –

Mine is more kind of a wave, because it’s got that break dancing influence.

As we go towards left...

And so we do that –

We do the –
 Step wave – and then we snap with the right hand.
 Step wave – snap with the right hand.

Uh...so we do that four times.
 All together.
 Uh, as we move – as we move left.

Then!
 We step back...!
 Right...!
 Uh –
 One – one – one step.
 And – uh.
 (to herself: Huh...uhm...see...)

Yeah.
 We – we step back – right.
 And as we do that, we're doing the –
 Doing the uh – the robot with our right arm.
 And all of us (again, because it's improvised...)
 All of us kind of – it's all – it's all like this stiff
 Right arm...
 But we're –
 Bending it in different directions from the elbow.

So...
 Uh...
 So we're stepping to the right,
 Moving the robot arm.
 And then we step back left and we're pointing with the – uh –
 With the left hand.
 Where it's the –
 Like the – the um –
 Uh...
 The "oh! I should be over here!" move.
 So it's –
 So it's: robot, robot, step back here
 And that's the first – uh...
 Yeah, that's the first –
 That's the first time I learned that kind of – yeah.
 Took me a long time to get that triplet, but –
 But now I'm pretty good.

And so it's: robot, step back here, robot, step back here.
 And then – and then we go into –
 Uh – what's called the um –
 (In the professional world) – "carvin' out groove"
 (breath)

Because...
 And this –
 Well, this is the er –
 The move looks like a real DANCE move, because –
 We kind of –
 We – you're supposed to step out with your left FOOT –
 And we used to do that,
 But we kinda like – step out and bring –
 And bring it back in this circular motion
 WHILE we're carving out...uh...
 The – backwards "C" with the left hand.
 And uh – of course we're all doing this in unison now.

So: left hand, left foot, step out, carve "C" ...
 And that's the carvin' out –
 And then the groove part is the –
 The right arm comes up – uh –
 To the – to the – to the – FACE.
 Like a – kinda like you're holing a telephone to the – uh – your right ear.

So it's: carvin' out...groove,
 Carvin' out...groove,
 Carvin' out...groove.

Uh – actually you do that four times.
 And so once we've carved it out...
 And grooved...
 We go into "slide."
 And it's this sloooow –
 It's this really –
 It's – it's – it's like a –
 I don't know what it's – uh –
 I forget what the musical term is for it but it's like:
 You start and you...
 "Mnyeah!"
 And then you –
 "Mnyeah!"
 It's not quite – it's – well-yeah-maybe...
 It's like swing because it's like you hold to the last – to the last second and you –

Because then we SLIDE to the left with a –
 No!
 To the right with the –
 Right foot.
 And meanwhile the right arm –
 I mean the left ar – hand is coming up to the face,
 And we go:
 So – so it's the sliding...and then we SNAP on the last beat!
 So it's: slid-ing... SNAP!

Slide... SNAP!

Then we go into this real – uh – aerobic part.

Where –

Uh –

We look back and point –

Point with the left – thumb, like we're hitchhiking again.

As we jump on the right leg.

(pause)

And uh –

And...um (how did we do this?)

(to herself: "mnah, mnah, mnah, mnyah – buh!")

Oh yeah!

So – so as – as we jump – back –

Jump on the right leg, moving back with our left hand...

And we come back down on our...

You know, on the right foot – and we point.

And we point DOWN with the right hand...

So it's like:

Look back there!, no, look at my foot!

No, look back there!, no, look at my foot!

And we do that for –

And by this point, too, of course by this point we're just –

I'm – I just uh, you know, I'm –

We're just ecstatic with the glee of...um –

With the – with the fact that we've made it this far.

And so...

Uh...

This is all pretty –

Pretty – pretty ha – and plus it's – it's –

And you're kinda tired by this point, too.

So it's really – this is – we hit –

You know that point where you're really forcing

Just like –

Not FORCING but you're – kinda like –

You're in that – you're in that just like instinctual physical mode more – more than a –

More than a mental – mode.

At least I am.

And...

Uh...

So it's: point back, no – here!

Point back, no – here at my foot!
 And see that – THAT!
 The – for the – four times.
 And then it's – O – over the head.
 You – uh-hm it's a – almost like a Jane Fonda sorta –
 O – over the head and – and um...
(again to herself: "tyah, tyah...")

And pointing with your – with your right thumb now toward –
 Towards the right and over the head
 The wave sort of over your head sort of –
 Like in the Jane Fonda move
 Uh –
 Wha – while now you're hopping on your um...
 Uhhh...
 Left leg.

And you do that four times.

Uhhh...
 So that – that's a big –
 Kinetic moment.

And then!
 You step forward – in the – in the – in the
 1, 2, 3 with your left foot.
 Pointing up at the sky with your left hand twice.

So it's: 1, 2, 3 and then –
 You – you – carvin' out the regular "C" with the right hand.
 And bring your right foot up to meet the left one...
 And do that again,
 Point – uh –
 Point to the sky,
 1, 2, 3 –
 Carve it out...
 Yeah?

And then...!

Ah, buh – as you bring...
 And so the final time – after you do that – you do it once, and then twice –
 And then as you bring your right foot forward you're beginning on the next beat
 And so you do the –
 You're doing the wave...
 You start the wave –
 (eh – not the wave – what I call the wave because it's my break dancing move...
 The swim kind of move over the head with the left arm...)
 And then you jerk with the right side of your body.

So it's – so it's: swim...on the left side, with the arm
 (You're standing in place, but –)
 Swim with the left side and the arm
 And you jerk – both – both your –
 Both your uh –

(pause)

It's just your leg – it's your – your –
 Your right leg does – does the jerk.
 So you're – you –
 Swim left, jerk right – leg.
 Swim left arm, jerk right leg.
 You swim left arm, jerk right leg.

And you do that four times.

And then uh...

And then you do the uh:
 Thumbs up thumbs down, thumbs up thumbs down.
 On the left side.
 And the left leg, as you're going: up and down up and down
 When your thumb points up
 Your toe points up
 You point down, your foot comes back to normal...
 Your foot goes up...
 Your hand goes up – your foot comes down.
 So it's like – it's like:
 With your thumb –
 "My thumb and my toe are up!"
 "My thumb and my toe are down!"
 "My thumb and my toe are up!"
 "Thumb and toe are down!"

(pause)

And – uh...
 And then!
 Becau – then comes the – the uh –
 The sexy robot...
 (to herself: "duh eh deh deh deh")

And with – so with your right
 (Let's see your –)
 Yeah.
 Your –
 No! It's still – it's still with your left arm!
 (to herself: "duh eh deh deh deh")

Yeah.
 Still with your left arm,
 The arm that was just making the hitch-hiking motions –
 Up and down, bec –
 Does the robot!
 And you kind of say to yourself on the beat that:
 “I-ma-sex-y-ro-BOT!”
 For – for those four beats.
 And it helps keep it –
 Because your right – your left arm is doing – the robot move...
 But your PELVIS is doing the – the – the funky –
 Sexual innuendo move...
 (Uh, that made Elvis such a star...)
 Because you’re going: left, right, forward
 Although I can never QUITE get it exactly...right.
 I can’t...

(pause, to self: “I-ma-sex-y-ro-BOT!”)

‘Cause it’s like four beats and then it’s – supposed to be three in the –
 I don’t know.
 I can’t reconcile the three – the three with the four and so.

Anyway, I’m sure I’m very sexy.

And – I go –
 While I’m doing the sexy robot –
 So the pelvis is moving and the left arm is doing the robot so like:
 “I-ma-sex-y-ro-BOT!”
 I – I always finish it with a big thrust forward.
 Okay.
 So a big thrust forward.
 And um.
 “Sex-y-ro-BOT!”
 And then it’s step – step to the
 Step out to the left with the left foot,
 While the right hand is doing the circular mixing motion
 For – for a couple beats.
 And then – the knee comes in, in the sexy urination position.
 And the hea – and the – and then the head drops.
 Left.
 And it’s: step out again,
 Knee comes in –
 Wh – while mixing.
 Step out again, knee comes in, head drops.

Then we go into this – this –
 Jumping back!
 This jerking motion which I’m very – I’m very proud of ‘cause I came up with it

Where we're – we're hopping on our – our left foot
 And the right...the – the left arm is jerking – the right arm is mixing –
 The right leg is up, we're hopping back...
 Doing this jerking motion.
 Uh, we all hop back together
 And then we st – do the "bah bah bah" forward with our left –
 With our left leg –
 And our – and our left arm jerking
 So it's "bah bah bah" forward –
 We come over with the big wave on our hand –
 So it's this kinetic move:
 We jump back!
 Jump back, jump back, jump back –
 ALL...
 The whole body's moving
 And then it –
 Then we come forward "bah bah bah!"
 Then it's slow!
 It's this slow lyrical move, because then we – we start –
 The arm comes over, the arms come back.
 Like we're saying goodbye.
 Like: "This is the end of the dance...goodbye."
 But THEN!
 Comes the real sudden kicker!
 'Cause you think it's over, but then the last two beats are,
 Once again left leg and left arm:
 "BUH BUH!"

And I make a vocalization.

So it goes, so the whole thing is that –
 That whole last thing is:
 IS: "Bah bah!"
 Slow, slow, wa – ving good bye!
 "BUH BUH!"

And on the last one we really kind of jump forward,
 And then we stand in the – in the line facing the audience.

And uh – and we're facing the audience.
 And I always wish that we could turn around, and –
 But I'm too disciplined and – and – to – to do that, so I just –
 I keep looking forward.