

Counseling for Future Dances

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A

This is an **exercise in guided imagination**. You are to recall a vision of a performance you danced in last night. Take a moment to **project** yourself into the **fictional** past, noticing the details that compose the work you appeared in.

This vision for an imaginary dance should reflect **your** identity as a performer. It should include your **desires, wishes and interests** for a complete performance including details about the environment, sound, time, physicality and spectator perspective. Try to paint a picture in your head as clear as possible.

I will now ask you a series of questions designed to compose a vision of a dance that **validates** the artistic concerns that resonate with you. **This is a dance that you identify with and artistically relate strongly to.**

We'd like you to answer the questions fluidly and freely. Respond with the first images or ideas that come to your mind in a free associative manner. The description can be as detailed as you wish. This is a fictional memory. **This is a dance that you identify with and artistically relate strongly to.**

B

Now we'll repeat the exercise. This time we'll give you a slightly different prompt that is meant to conjure another imagined performance.

This is an **exercise in guided imagination**. Once again, you are to recall a vision of a performance you danced in last night. Take a moment to **project** yourself into the **fictional** past, noticing the details that compose the work you appeared in.

This vision should reflect **a dance that, in general, does not validate** or resonate with your artistic concerns and **perhaps is not your preferred type of work.**

This is a fictional memory. This vision should reflect **a dance that, in general, does not resonate with your artistic concerns. It is a work in which you took part, but perhaps was not the ideal type of work you'd prefer to perform in.**

1. Thinking about the broad picture in your mind, notice the environment. Was the performance indoors or outdoors?
2. Can you describe the space?
3. How was the audience arranged?
4. How many people attended?
5. Thinking about your proximity to the audience, could you look into their eyes?
6. How did you 'enter' the performance space?
7. Can you describe the light? What tones/colors did it have?
8. Was there a set?
9. Were there any props?
10. Was there sound or music?
11. Were you performing alone?
12. How many performers (men/women/others) took part in the piece? What gender(s) were you/they representing?
13. What were you wearing?
14. How was your hair?
15. How would you describe the choreography?
16. How was the movement?
17. What was the movement about?
18. Were there any choreographic tools used to generate the movement?
19. Was there a theoretical/philosophical background?
20. Would you associate the movement with a specific style or vocabulary or name it with specific terminology?
21. Did you interact with the other dancers?
22. Did you sweat?
23. How long was the process to make the work?
24. Did you interact with any of the spectators?
25. How would you describe your gaze?
26. How was your facial expression?
27. Did you use your voice?
28. Can you now show me an excerpt of this performance, including movement (and voice, if it's the case), for as long as you wish?
29. Who was the author of the performed work?
30. What was the duration of the piece?