



## Half a Duet

### Preparation

Find a place to lie quietly, preferably somewhere comfortable and familiar. Close your eyes and give up your weight to the floor. Let your body relax and be still. Allow the mind to come to stillness too. Let your thoughts be insubstantial whispers in a larger quietness.

Very gently, without attaching much importance to the process, allow memories to arise, of dances from the past, with other people. Watch the memories: don't take hold of them. Let them drift through your mind like smoke. Remember moments, fragments - textures and smells, weight and feeling. This is dream-memory. After a time (how long is entirely up to you), let the memories gradually drift away.

### Experimentation

Change position. Find another comfortable place; one that you can start moving from. Try out some ideas around being half of a duet. You could focus on half of your body, for example. Move like half of a bird; let a rivulet of water meander through half of your body; be the back end of a pantomime horse. The rest of your body is not held, or still; you just don't give it your attention. Equally, your movement is not truncated or incomplete: you are half of a duet, of a whole. You could also try moving with an object as your partner. It could be something still and heavy, where you can share some weight, or something that you can shape your self around or move with. Once you have tried it, abandon the object, but continue your half of the duet.

### Improvisation

Begin by revisiting the memories from the start of this process. Again, just allow the memories to drift lazily through. Now begin an improvisation of one half of a duet — no more than 5 minutes long. You can use half of your body, or imagine an object for a partner, or another person – or find another form of duet. The only rule is that your partner is in your sensory imagination, your dream-memory.

Take a rest – it could be a few minutes or a couple of days. Now begin a new score. Start the way you started the first time, with remembered dances. Let your mind wander away, let your body take over. Improvise a second duet, again no more than 5 minutes. It should be the opposite half of a different duet from the first one.