

Theme	Description	Time
1. <i>Dehydration</i>	Starting at a low level, or standing with heavy weight, focus towards the ground. Gestures of thirst and need of water. Reaching away with arms without getting anything.	0:00
2. <i>Raindrop motif</i>	Either arm goes up towards place high, then the whole body sinks with a fall, with passive weight and quickness (rhythm state), with a cupped hand gesture, like holding water in the hand. Then bring water to the mouth, like in drinking water action. The rise and fall is one phrase. Starts slow and sporadic, then faster and more often. This repeats for a while (different people have different timings, not in unison). Then movers begin <u>traveling</u> at different times with the raindrop motif.	0:48
3. <i>Pool Together</i>	Dancers move towards each other on a low level, becoming one group (or sub-groups depending on the group size). The body and arm movements curve as movers come together with bound flow. Movers have a “sliding, passing near” relationship to each other (a sense of an intertwining between each other). <b>Solo version: Collect water with both hands, bring the collected water towards the camera, show it, wade, and come back to center position, turn around for transition</b>	1:25
4. <i>Standing Line Ripple Stream</i>	Move arms and torso in canon: starting at the end of the line and passing through the line from one end to the other and then returning to the first (initiating) person. Do this with bound flow and sustained time, holding until the wave returns. Coach movers to keep arms below shoulder level (not in front of the face). <b>Solo version: Standing in place, wave arms from side to side while swaying and undulating successively through the body. Do at your own preferred timing</b>	1:48
5. <i>River</i>	Following a leader and traveling along curvy pathways, repeat the following phrase (3x): The arms move in a figure “8” carving 4x on alternating sides, then forward-up and down-back 2x, then circle up and around while jumping or turning (light & quick, playful). The whole group travels on a snaking path (like a slalom). If there are many people, it is possible for them to be two or more lines, going in different directions. <b>Solo version: First time in place, second time around the space in a small pathway, third time traveling using as much space as possible, even away from the computer view.</b>	2:03
6. <i>Waves in the ocean</i>	Two waves toward the audience. Two waves toward each other with a jump, like a splash, when they meet. <b>Solo version:</b> <b>Two waves, sagittally toward the camera.</b> <b>Two waves, from one side of the camera frame to the other side, appear like they are waves when seen on gallery view.</b>	2:38
7. <i>Circle of Unity</i>	Slowly everyone becomes more grounded and steady standing on two feet with arms wide. Each person grasps the wrist of a neighbor in the circle (still fluid in body movement - as if they are still in the water). When all touch their hands, everyone leans back with the upper body and arms extended, body still moving as if in the water and looking to the sky for thanks. Everyone’s weight is dependent on each other (in a circle holding hands). All are looking up, in active stillness. <b>Solo version: Coming closer to the screen, perform a slight lunge and lean back with</b>	2:58

	<b>the upper body and arms extended to the sides.</b>	
<b>8. <i>Splashing freely</i></b>	Come together like in an implosion, and then with the splash sound explode into free flow celebration.	3:14
<b>9. <i>Finale</i></b>	<b>Unison.</b> See breakdown of actions in the table below	3:34

**Unison:**

<b>Nr.</b>	<b>Count</b>	<b>Image</b>	<b>Action Description</b>
1	1-8	Reach slowly with longing to the sky	Sinking low, palms face each other, arms rise to the area of place-high with free, direct, sustained (“Vision drive”)
2	1-2	Dig to find water	With right hand leading, dive into left-low with a punch-like action
	3-4	Reach and find water drop	Right hand upward to place-high
	5-6		Drop to place-low with passive weight and quickness, hold cupped hand
	7-8	Preparation	Retreat with both arms, with sustainment
3	1-4	Become the wave	Straight path forward, arms move in a sagittal cycle, ending place-high, with a slight arch of the upper body (end jump possible)
	5-8		Straight path backward, arms move in a sagittal cycle ending back-low
4	1-2	Eddies	Right arm moves to left-high in the vertical plane, quick and direct
	3-4	Splash the water outward	Step into a turn to the right on a straight path on a diagonal in general space, while the right arm spreads outwards on the horizontal plane - like water coming down from a mountain
	5-6	Let the water continue outward	Left arm moves to right-high in the vertical plane, quick and direct
	7-8		Right arm moves to left-high in the vertical plane, quick and direct
5	1-4	Appreciate the water of a river	Right arm moves from left-high to right-side, making a shape design of a wave, like a river traveling
5/6	5-6, 7-8, 1-2	Bringing water to our kinesphere	Repeat the following phrase (3x): Gathering with both arms from low level, rising (slight sinking and spreading), rising bigger each time
	3-8	Become the ocean again	Start to spread and sink from elbows while head looks up; small vibrating actions in fingers while spreading
1-6 x2			Repeat all of the above twice, optional: shifting direction each time
Da-Capo	7-8	Grateful to receive	End in a pose where hands are wide and head level facing outward. You can transition into Section IV