

## ENVIRONMENTAL RESPONSE – Contours

Transition smoothly from the “Transfer of Weight” exercise straight into this environmental response experiment to explore contours.

As with Transfer of Weight, continue to incrementally shift from one part of the body to another, connecting with the surface (floor, wall etc.) that your weight is leaning into & using these shifts as locomotion to travel. Rather than the more usual focus of traveling through space itself, bring the focus instead to locomotion via connection with surface.

In this manner, begin to explore all the contours of the area you are in. The more varied your environment, the better. The more levels, shapes, angles, alcoves, textures & temperatures of surface in the contours of the environment, the more varied your responses will be.

As you shift your way around the environment, think about the relationship of your body's weight via gravity to its contours. Be aware of your responses to changes of shape, size, texture, temperature & supportiveness of the contours & surfaces you encounter.

Words to keep in mind:

Architecture, anatomy, surface, construction, structure, form, definition, feature, relief, delineation, trace, edge, confines, boundary, margin, enclave, fold, enclose, furrow, hollow, dip, indent, mount, shallow, deep, verge, outside edge, inside edge, conformation, compression, mould, plastique, density, texture, solid, supportive, substantial, concrete, tangible, pliable, giving, insubstantial, unsupportive, moving, stationary.

Try different environments, indoors & outdoors. Construct your own environment – an installation of surfaces & contours custom designed for your experiment!

Keep your tempo slow & even as you begin to explore, then once you become more familiar with the tangible sense of the contours, play with tempo in response.

Find music that helps you to enter into this contour world.

Enjoy!