



Laura Cooper
Forward Slide Together

Performance

FORWARD - SLIDE - TOGETHER

Laura Cooper

El texto en las páginas a continuación es un fragmento readaptado del *performance* titulado *Work From the Inside Out*, realizado por Laura Cooper en colaboración con Ian Giles para Art Licks Weekend, Londres 2013. Posteriormente fue adaptado y traducido al español para *Perfolink, Connection Europa*, en Santiago, Chile en 2013. La obra incluye a doce personas moviéndose a raíz de instrucciones pregrabadas en audio. Las acciones describen gesticulaciones y movimientos pronunciados, en ocasiones sincronizados debido a que el grupo puede escuchar las mismas indicaciones en ciertos momentos. La obra da lugar a movimientos poco convencionales cuando la obra desaparece y después reaparece dentro de un contexto (y lugar) cotidiano. Las doce personas se unifican por la motivación y consentimiento de ser instruidos por la voz externa.

Para más información: www.lauracooper.co.uk

The text on the following pages is a reworked excerpt from the performance score *Work From The Inside Out*, a piece first developed by Laura Cooper in collaboration with Ian Giles for Art Licks Weekend, London 2013. It was later adapted for a new location and translated into Spanish and performed at *Perfolink, Connection Europa*, in Santiago Chile, 2013. The performance involved 12 performers, who moved in response to prerecorded instructions from an audio track. These actions created pronounced gestures, sometimes synchronized due to the whole group listening to the same voice giving directions. The work gave rise to uncanny moments when the performance disappeared into and reappeared out of the movement and habitat of the everyday. All performers were unwittingly unified through their consent to take part and willingness to be instructed by the voice.

For further info see www.lauracooper.co.uk

*Exercise: Forward – Slide – Together**Directions for the Reader:*

Find a space, about 2 meters squared, so as you have plenty of room to move around freely. Now position yourself in the middle of this space and stand still. Hold up this text so that the pages stare back at you and you can read the words like another's face. Please speak the text out loud, as if someone were talking to you from the page that you hold before you. Follow these instructions, moving as you speak, say all text apart from that in (brackets) starting from now.

This is the voice, the voice of this text, and it is now becoming yours through the words you're reading from this page. You are reproducing a voice, a voice that once emanated from another body. These words, tapped into a keyboard by another person's fingers, presently lie splayed on the page, mapping the gestures and sounds of another body. This exchange is fast, but strikingly intimate; we are now physically close. Writer, reader, speaker, listener: you and I embody all of these roles. As you speak these movements, our boundaries blur.

Briefly close your eyes and close these pages, before opening both again.

Refreshed, take a moment to absorb the environment ...

notice the sounds that surround you ...

and the way your body feels in this space. (pause)

Lay your focus and gaze

h e r e on this page.

Together, lets start by taking a long deep energizing breath (Breathe)

As the air escapes, let your shoulders r e l a x and your forehead soften.

Again breath ⁱⁿ through the nose ... **we rise.**

And out through the mouth ... **we fall in time** (Breathe)

St a n d s t I I I .

Look ____ here
into the place where these perfectly mirrored pages meet,
sense the weight of your body in your feet.

(1, 2, 3, 4, 5 sec) Now lets move a little, let's start by tapping your feet **TAP TAP TAP**

With each tap, feel the floor beneath you and imagine this sound becoming deeper, compounded by another foot that meets the floor mimicking yours.

Now count each tap, **1 (TAP) 2 (TAP) 3 (TAP)**

Turn left and take a step forward **1 (TAP)**

Turn left again and take two steps forward **1 (TAP) 2 (TAP)**

Turn left and take a step forwards or backwards **1 (TAP) 2 (TAP) 3 (TAP)**

How does the page read from this new position?

Lets try a little faster.

Turn right and take a step forward **1 (TAP)**

Turn right and take two steps forward or backward **1 (TAP) 2 (TAP)**

Turn right and take a step backwards or forwards **1 (TAP) 2 (TAP) 3 (TAP)**

Are you still holding out this page before you?
Move it a little closer, so that your breath just breezes the surface.

Now, instead of taking a full step forward with both feet, I want you to:

1, Place one foot forward... 2, slide one to the side... 3, then join together your right foot with your left. **SO...**

Place one foot forward, slide the other to the side, and now together **1 (TAP)**

Place one foot backwards, slide the other to the side, and now together **1 (TAP)**

Place one foot forward, slide the other to the side, and now together **1 (TAP)**

Place one foot backwards, slide the other to the side, and now together **1 (TAP)**

Place one foot forward, slide the other to the side, and now together **1 (TAP)**

Place one foot backwards, slide the other to the side, and now together **1 (TAP)**

Place one foot forward, slide the other to the side, and now together **AND REST.**

Clasp the pages with force,
making your body tense
and tight...

Now relax again, letting your arms slump

this page falls a little, your shoulders release, your legs melt.

Take a deep energizing breath and begin to close your eyes (for 3 taps) **1 (TAP) 2 (TAP) 3 (TAP)**

And **b r e a t h e 1 (TAP) 2 (TAP) 3 (TAP)**

in through the nose, and ... **H O L D**

...and blow the air out through the mouth **1 (TAP) 2 (TAP) 3 (TAP)**

Feel the weight of the pages in your hands, notice how thin the paper is in your right hand **1 (TAP) 2 (TAP)**

These words fall near the end of the last page. **1 (TAP)**

This means soon we must part. **1 (TAP) 2 (TAP)**

Slowly take half of your attention
and gaze to the space outside of the page,
peering past and around it...
What else could happen here?
Outside of the parameters of this page?
Imagine you have finished reading today...
you have things to do away from this voice
and beyond the embrace of this page

When you feel ready begin to count, pushing the page further away from you... **1 (TAP) 2 (TAP) 3 (TAP)**

On the third tap you will close the page... **1 (TAP) 2 (TAP) 3 (TAP)**