

Claire, Helen and Phil invite you to experience the following scores before we gather and reflect upon them on 23rd. You may encounter 1, a couple, or indeed all of them but please do your own risk assessment before venturing out. Thank you.

## Walking Bodies - 7 scores

### Score 1:

Wind

the

wiggliest way along

the straightest street in the city.

Wend your way widdershins round city squares and plazas...

If the streets make no sense

as a wend,

where can you find the gods of Chaos and Chance?

### Score 2:

Don't walk.

Go to bed.

Look at your feet.

Fall to sleep.

Try to 'wake' in your own dream. Lucid dreaming. With this realisation,

control of your dream experiences by walking through them.

If you can't do this... from here on in,

recall to other people if any dream you have about walking.

### Score 3:

Think of this as a task: Walk as if submarines can pass through buildings. An addendum: next time you walk, walk in someone else's clothes.

### Score 4:

Walk in your local area and map a new route that connects one tree to another. Spend time with each tree and note detail; texture, colour, height, habitants, age, health.

Link the same kinds of trees. Link contrasting trees. Draw lines in chalk between the trees. Or leave a trail of pebbles. Imagine each tree is a letter of an alphabet; write in its language a poem about the beginnings and ends of worlds. Walk your poem; from bark letter to leaf letter, wood word to crown word. You can do this in situ with site. Return home and draw a tree map, taking some words from your creative texts to guide the reader.

### Score 5:

Spend a week working out new ways to walk to the shop, school, work etc. by only walking routes that run parallel to the routes you would usually take. During the week, think about who you may be in a parallel universe or parallel life. This life does not deviate completely from but runs along parallel lines to your actual life. What is your parallel name, where is your parallel home, what are your parallel hobbies, parallel job, parallel partner etc.

### Score 6:

Go for a good walk. Imagine each step you take is one step further away from the pandemic. Walking and reflecting on these times, imagine how you can move forward, even if you have to take many steps backward. Map these steps as a visual score on a page, adapt to stepping backwards each time you walk. What difficulties prevail, what positive changes have taken place? Has anything changed for your own walking experiences?

### Score 7: You may need a magnifying glass to interpret...

Walk beyond This page. Draw lines And step over into a new time to:

walk

in

time

with

the

sounds

you

hear.

As

they

change

make

shifts

in

your

rhythm.

Your

body

is

doing

field

recordings

and

embodying

sound

through

movement.

Keep

moving

and

imagine

a

small

version

of

yourself

examining

the

world

from

the

perspective

of

all

the

tiny

objects

that

reside

in

your

home

and

imagine

you

are

seeing

the

world

from

their

perspective

and

whisper

tiny

words

to

yourself

as

you

head

back

home.

