

Transitions for Passage for Par (7)

Tacking walk into chugging step

Sophie - Ready, Ground (two feet together not too deep bend)

Aya - Ready,

Sophie - Ha ha haaa introducing the full step on the spot

Aya - Ready, Gather two steps per person only to be connected, third step left arm comes up (left arm coming up through three steps) Canon up to Sophie

Sophie - Ready, Away

Coming from chugging forward hand on shoulder into horizontal line going into half step

Sophie - Ready on left leg two steps

About two steps to turn about on left foot (right hand slide down to front of hand)

Still doing step

Aya - Settle take away the rhythms but keeping step on every beat with bounce-echo shimmer

Aya - Gather step together step together going to elbow (3steps?)

Sophie - Settle into just the bounce

Sophie - Stand x6 or so the cast fill in the rest of the interval and the step forms (half step)

Aya - Steer

Sophie - Ready, Away once everyone has the step round the high part of the sand into diagonal

During horizontal side step journey Aya might use **attend**

Into diagonal 1 and all of diagonal cues

Attend to look at the sea

Attend to look forward tbc

Sophie - Ready, Anchor Aya on the spot but it's a cue for everyone to go smaller and increase sensitivity to people slightly shifting towards Sophie. We don't travel as much, move the arms downward with gravity lowish, move

away from Aya. Hold still when you are there, keep concentration on the step.
(one step small to move away from Aya. Just attend to one arm and the other will be done by the next person

Sophie - Settle stops the step but continue bounce

Organic smaller bounce into circle of pelvis with little bounce. Small fourth-resonance shimmer again

(?) **Aya Hold** to give Freya cue

Freya Settle slow **Settle** looking up and down the line slowly and letting the circle of pelvis come to gradual end

Freya - Ready arms come up, look up and down line All look at her

A Way into g of arms, -big and steady- no one breathes audibly

First two arms movements hold hands and after that change to little fingers connection over third movement changing at the back (passive active)

Sophie - Ha ha haaa ha ha haaa everyone joins in soft breath and step when they can (not necessary one by one accent the right foot with the breath)

Feet join breath gently on the spot

Aya - Steer

Sophie – Ready, A Way travel sideways horizontal

Between full step chugging going sideways with full arms into chugging forward holding hands.

Sophie – Settle, Settle arms get smaller and smaller and down and feet travel less but rhythm stays

Sophie - Ready, About on the right foot quarter of turn and change little finger to hand hold. All turn together

Aya - Steer,

Sophie - Ready Away signals Sophie to travel on both parts of the phrase.

(Sophie changes arms several times)

Going from hand hold to hand on shoulder shunted up

Sophie - Easy which steadied and slows it and slight smaller steps

Ready, Anchor and people keep going towards Sophie and they stop when they are in the right position. Guide hands very definitely and calmly, keeping close together

Aya - Steer

Sophie - Ready, Away

Stopping and extending into Fishgate

Sophie - Ready on the right leg **About - Freya joins in** turn on right leg over one phrase 8 counts on the spot.

Aya - Settle Freya echoes, to lose the step and go into tiny little steps

Aya - Ease

Extend from the centre out going two directions little steps. People in middle hold firm once in the right place with arms, hands across each other others stay very close until they get cue to move away from partner

FISHGATE

Sophie then Freya - Open, Open Hands release

Aya - Home Freya Home

Hands to tummy

Stillness long

Raise arms

Aya begins and ends two raise and lower

Last one stays up and comes down from **Sophie Down**

windmills

Five step walk away into place stillness windmill build it up a bit

Sophie - Gather Gather, Freya echo straight away

Five step walk back to place Aya and Sophie hang back and then slot in and introduce the bounce

stitching

The stitching in happens from outside as soon as Sophie and Aya are there.

Seeking hands

Hands cross at front left over right

Sunray arms

Even, slower at top open V above heads

Freya - Rise

Sophie- Rise

Aya - Rise

Descent of arms

let arms soften and melt together to catch fingers only at bottom.

Side step out of fishgate

Introduce small bounce without a cue wait for a bit

Aya- *Stand x6*- half step

from side step to forward half step holding hands

Aya - *Ready About* slightly less travelling

Ready Away increasing length of step Aya will change arms once

from forward half step to diagonal line 2 and diagonal cues

Sophie - *Hold* for line

Aya - *Anchor*

About

Settle Settle

The step dies down

Into leaning with bent leg at front introduced fairly soon. Build to strong rocking waves -feel from group and keep off unison if possible in direction and speed

Aya - *Ready About* keep the strength and speed up on this

(?) Sophie - *hold*

Aya *Ready A Way*

onto the 7 step right foot forward

during rocking meander

Aya - *Ready* one phrase before on left

Long Long Long to introduce 9 step

into Diagonal line 3 and diagonal cues

Sophie - Hold to say line is ready

Aya - Ready Anchor

keep rock going

Sophie - Gather rock towards Aya shifting to get in good place for leaning arms distance

Rock on the spot otherwise keeping energy

Sophie - About

Rock into diagonal side by side in own time Keep rock going off kilter and energized and gradually let it die into leaning

Aya - Hold

Freya - Settle Settle slowly letting everything dissolve and bringing feet in

Freya - Ready everyone looks

Away half step arms

Aya - Stand Stand Stand

Labyrinth

Ready Away half step with arms into

In the middle of labyrinth change to forward arms one by one

Aya - leads out into diagonal

into last diagonal line 4 and diagonal cues

Aya – Anchor

Keep step going on spot

Ready about

Turn with step

Settle Freya let the legs and feet die down little bounce remains

Pelvis circle with bounce and then into smooth circle and breathing careful of open mouths

Aya Ground bring feet together

Wait for a few moments for that to be established then from middle of line bring arms to centre (home)

Sophie and **Aya** wait for that to be established -start opening arms

Into full step chugging forwards out of line

Sophie- *Ready* hold hands

Introduces full step on the spot starting with left leg

Sophie - *Ready about*

Turn with step towards her

Aya - *Gather*

Draw towards Sophie pulling arm up at back and slowly placing other arm on shoulder.

Aya - *Steer*

Sophie - *Ready Away*

from chugging to walk

Sophie -*Ready anchor*

On the spot

Aya - *Settle*

Step dies down to bounce this is your last bounce so let it dissolve slowly

Aya - *Steer*

Sophie – *Ready A Way*

slide hand as step comes out

Into Horizontal line

Sophie *Ready Ground*

Aya - *About*

one small step round to factory

Sophie - *Ease*

Stitch in small little steps

Freya - *Ready Away*

Step on right leg together if you can

Aya - *Gather*

Arms link as walking gathering in slightly to middle to allow this

Into last walk off

Aya – *Hold*

Cue to slightly go into diagonal so Aya is ahead and Sophie is behind but line remains straight(?)

Aya - Away

Slide arms down and walk on the diagonal line (if possible get on correct leg but if not don't worry)

Arm change as necessary as you leave

End

Sophie – Hold

Gives clearance of the beach

Aya - Ready Ground

Breath stretch quietly head to hall, (loo) van will have layers in small car park

In Hall

RELAX and chat!!!! friends and such might come to see you there. Being sensitive to people still changing though or needing down time!

