

CIRCADIAN

Beginning section

Hear the first note then walk into the circle.

Slowly pick up the sand (*13 secs*)

Slowly circle a moon on the horizon with your tummy button once or twice

(*0.46secs*) slowly tread like an animal - sinking your knees each time- pivoting in a circle gathering the elements and landscape into your belly with your hands

Slowly place your hands on your belly and expand your hands as if you are breathing deeply on the thin note (*1.30 secs*)

(*1.36 secs*) On drone in music Make a half sphere up to your sternum and expand your upper ribs as if you were breathing deeply

Make a smaller half sphere up to your eyes

Open hands and arms slowly away from eyes

clock hands and fingers through

Orbits

Stretch a horizon line through one fingertip to the other and reach into huge giant spatial orbits when he begins *I've seen atoms...* (*2.35 secs*)

When Isaac repeats *I've seen atoms* (*3.27 secs*) -orbits are town sized going to your own big kinesphere.

When you hear *On the sternum of a sphere* (*4.16 secs*) they are Leonardo/person sized- luscious dancing with weight, swing and using your whole body to trace your orbits and trajectories around you and through you, your back is involved.

When you hear *I have been returned* (*4.28 secs*) this reminds you to repeat a bit

When you hear *reduced* (*4.49 secs*) go a bit smaller around yourself - reduced means reduced in size and reduced to only repeating loops

The word *fog* (*5.09 secs*) reminds you to keep finding new repeating loops and build your energy and speed like waves lapping. Keep changing and moving through space between the loops that now are initiated from your centre.

You are moving towards churning with the movement coming through your torso. Isaac sings the last line of that section *On the sternum of a sphere*. On the last *sphere* (*5.30 secs*) you go into your last churn inside your torso and keep it going faster and faster until it fades in you. You are in the centre of the circle facing the sea.

Quivering gleaming

Bring you feet together, look out to sea and open your palms slowly.

When you here the word *light* (5.50 secs) start quivering, gleaming, rotation adding cormorant as you go

End stretching to the sky facing sea

Waving hands and opening to corners and run

On change of music (6.35 secs) start shaking hands above you head and keep going through one two line of the song -*Under the outstretched light* x2 and open to corners after that.

Openings to four corners walking between with arms wrapped

the low voice (7.50 secs) is usually around the third corner

begin running sometime after this- if you start on *Second splits* (8.33 secs) you won't have long to run

Calling/singing section-beckoning- throwing

begin calling singing dance at the change of music (8.58 secs)

3 to 4 calling singing journeys with long throws-watching the dance drift off away from you-take your time and be still at the edge for longer than you think!- then into faster, more urgent/insistent singing/calling dances that only go between sea and land,

keep going until you hear the music go on the same note ah ah ah, ah ah ah (10.34 secs)

That's your cue to beckon to the sea, then run and beckon to the cliff, run and beckon to Lowestoft and run and beckon to Southwold (just beckoning and running between compass points no dancing between the beckons)

(No cue for this just do it when you feel you have completed the energetic beckoning.) Throw like a rocket to the sky directly above you, throw all of your dancing out until there is none left. Watch it dissolve in space like a firework leaving its trails. Keep throwing until the singing stops or if you need to do more throws after the singing that's also fine.

ending

Slowly feel the earth beneath your feet look down at the earth and begin to slowly spiral down to burrow into the earth.

Push with your feet and back to get deeper in. Keep your feet going even when you have stopped pushing. Isaac will play on until you are finished

Let everything come to stillness and stay their longer than you think, until you have breathed a bit in stillness and Isaac is making no sound at all.

Get up as simply as you can and walk to edge and circle step over rope and turn back to look at the circle and the remains of you dance in the sand. Look at Isaac and both bow together to the audience around you. Turn to face different sides if the audience are in different places.

then go on up the steps.

Give yourself a pat on the back!