

# RHYTHM

AS SOMETHING THAT CAN COLLABORATE WITH OUR MOVING, AND SOMETHING THAT CAN COME DIRECTLY FROM OUR MOVING, FOR THIS MONTH'S MOOSE FOCUS WE INVITE YOU TO EXPLORE **RHYTHM** AS YOUR INSPIRATION.

TAKE TIME THIS MONTH TO EXPLORE RHYTHM - HOW IT CAN INVIGORATE, INSPIRE, LEAD AND CHALLENGE YOU.

## Reflections for Artists

What does Rhythm mean to you as an Artist?

What is your natural Rhythm? What does it look like? Feel like? Sound like?

Thinking of a piece of music that you enjoy and inspires you to move, how would you physically, in writing and through mark-making/drawing, articulate the Rhythm?

## Invitations for Participants

A simple but effective beginning: play a piece of music with variation. Something with several instruments and potentially voice. Ask participants to match and/or embody the Rhythm of a particular element of the track. Then switch to a different one, demonstrating the difference to an audience. Work with part-body and isolation. Then challenge participants to explore two Rhythms at once. The upper vs lower half of the body, the hand versus the foot.

What does a Rhythm look like if it travels through the space? Just as notes on a sheet of music, imagine the rhythm of a piece of music travelling across the space. Where does it begin, how does it travel? Fast/slow, up/down, twisting/reaching, suspending/dropping. Explore the variation across each of these spectrums.

Building Rhythms. Begin by one person setting a Rhythm, pattern or tempo using their hands, feet or voice. The next person adds to this and so on until you have an orchestra of sounds. Whilst continuing the Rhythm, the first person now changes their sound for a movement that emulates it as closely as possible. Continue one by one until everyone has transposed their sound into movement. Can you move back through the group switching back to sound? Or can you perform both at the same time. You can continue this exploration by 'offering' movements to others which they can then shift and change to develop a new Rhythm of their own.

## Inspiration for creating, planning and moving

Explore Rhythm in verse. Taking the key elements of one dictionary definition of rhythm: 'the measured flow of words and phrases in verse or prose as determined by the relation of long and short or stressed and unstressed syllables' work with a piece of text to explore how this can be represented in the body. What do these words mean to you, to the text, to the interpretation, to the replication in the body. How can you show contrast at speed? How can you represent all elements along the scale of long to short, stressed to unstressed, with real nuance and articulation?

Taken from Jonathon Burrows (2010) A Choreographer's Handbook, 'What happens if the material comes out of rhythm?' and 'What happens if rhythm comes out of material?'

