

JOURNEY THROUGH THE TEXT

(some of cis berry's exercises to get the text into the body)

Prep: Walk round the room speaking the piece out loud. Step up and down on chair speaking piece twice through. This gets them breathing and the piece into the body a little.

Meter: Skip around the room on the Iambic. Try and force it on. Discover where it is irregular. Instinctively choreograph accordingly. Then back to the chair and step up on the last strong beat of every verse line (and of course down to start the next). Walk around the room speaking piece out loud – stop at every caesura and at the end of each line. Just a little stop/break, like a syncopation.

Sense: walk around the room, speaking, and change direction on every piece of punctuation. Next, kneel in front of your chair and whilst reading the piece, bang with the hand on the chair on every word immediately followed by a piece of punctuation.

Structure: Check out the beat/action changes – usually, but not always, marked by a period. Line up along one wall of the room. Read first beat. Take one step forward on each beat/thought change. Match the step to the impulse of the verse and the actor's fresh thought. This is usually on the second syllable of a line, but the first syllable with troches. Find that impulse – match it with a step – change the action.

Words: With a partner alternate the words of the piece like a tennis match so that each word gets fulfilled. Then switch word order – then do your partner's piece.

(another version)

Do these w/text in hand, not from memory.

1. FORM: Skip around the room and force the text onto the iambic meter; discover where form falls away and why.
2. IDEAS: Walk w/text in hand; change direction (90 degree turns) on every punctuation mark. Discover the state of mind in clauses, etc.
3. BEATS: Stand in a row at one end of room Take one step forward where the idea or subject changes. Discover the progression of intention.
4. LINE ENDINGS: Step up onto the chair (and back down) on each line ending or 10th syllable. Discover the forward momentum of action.
5. OPERATIVE WORDS: Sit on the floor beside the chair and bang the chair with your hand on the chosen operatives. Discover the thought rhythm.