

MINIMAL
K I N G D O M

Tutorial

How to Use this Guide?

This written guide is designed to accompany the online tutorial videos available online on www.numeridanse.tv. You will find here all the information you might need to create your film for submission.

The tutorial videos are broken down into 3 sections:

- Structure and framework
- Detailing and coaching
- Going outside

Further resources are available on the Numeridanse website: the music from Vincenzo Lamagna, company insight and info as well as all videos from every participant.

The 7 Animals

This project invites you to create 7 phrases of movement from 7 animals. You can choose any animals you wish. We recommend observing them online and in nature if you are able to.

Start your research with one animal and ask yourself: How does your animal move? What is its emotional state? Is it frightened, excited, sleepy?

How does it behave? Is it a predator? Is it mischievous?

What action is it doing? Is it hunting? Hiding? Searching? Playing?

Each animal phrase will take **8 counts of moving** and **8 counts of stillness** with an **emphasis** on the 2nd and 9th counts. Once you have created each of your animals, you need to put them all together, in the order you wish. Voilà! You have your Animal Kingdom! Last thing you have to do is filming it.

This process is broken down step by step in detail below and in the videos.

Once you've filmed your animals please make sure to send your video to Numeridanse so it can be included in the global Animal Kingdom.

We hope you enjoy this process. We encourage you to let your imagination and animals run wild and we look forward to seeing what you create!

Chapter	Rule	What to do?
1.a	Choose your 7 animals	<p>Observe animals either in real life if possible, or on television or the internet. Notice their physical qualities and their personalities, dynamics and physicality of their moves. Choose 7 animals and create a movement for all of them. It can be whatever you want. We recommend trying out several different versions for each animal to decide which one works best for you. Then we put together with the counts.</p> <p>Counts</p> <p>You are moving for 8 counts, and stilling for 8 counts, with the emphasis on counts 2 and 9. Start on 2, stay still on 9 and start on 2 again.</p> <p>1 - still</p> <p>2 - start to move</p> <p>3 - moving</p> <p>4 - moving</p> <p>5 - moving</p> <p>6 - moving</p> <p>7 - moving</p> <p>8 - moving</p> <p>9 - stop</p> <p>10 - still</p> <p>11 - still</p> <p>12 - still</p> <p>13 - still</p> <p>14 - still</p> <p>15 - still</p> <p>16 - still</p> <p>1 - still</p> <p>2- start to move again</p> <p>Video tutorial: 3'21 > 5'50</p>

1.b	<p>Choose a transition between each animal.</p> <p>You can help yourself with the 3 options we offer here!</p>	<p>Option 1: <i>Direct</i> – move directly to final position of animal. Enjoy the slowness of your movement, think about different levels, think about your entire body, where are you/your animal looking?</p> <p>Option 2: <i>Exclamation Point</i> – choose a count (or several) to put a contrasting accent in your movement. Think about different speeds and qualities like quick, slow and sharp, soft.</p> <p>Option 3: <i>Safari</i> – Go on a journey. You can move off the spot, change levels, use exclamation points. Think about making it 3 dimensional and to change your front facing.</p> <p>Video tutorial: 5'55 > 9'10</p>
1.c	Ending.	<p>Repeat EACH animal taking 2 counts for each animal. Then, finish by returning slowly to neutral position.</p> <p>Video tutorial: 10'40 >13'</p>
+	Detailing and coaching.	<ul style="list-style-type: none"> - There is no right or wrong, the choices you make will be determined but what you feel is the right one for your animal and their journey. - Sense of breath: sensation of breathing gives life to movement. - Use your eyes and gaze to follow movement, it will help to articulate your body. - Listen to inner script, inner voice – imagine the sound of your animal. - Precision of counts: use those counts to build your kingdom. - Think about the emotional state of your animal. - Give a sharp start on count of 2. <p>Video tutorial: 13'17 >17'10</p>
3	Going outside.	<p>Take in the space. Feel the other dancers around you (if there are others), feel the environment around you. Don't forget to feel the emotion of your animal. Look outwards.</p>

		Video tutorial: 17'42 >21'28
4	Filming recommendations.	<p>To enhance your film, here are some suggestions to think about when filming:</p> <ol style="list-style-type: none"> 1. Perspective Filming from a low position and shooting high High to low Straight on 2. Frame Whole body or certain body parts – arms, leg, head, finger tips Wide shot – whole group and lots of background Medium Close up 3. Camera Movement Still Pan (side to side) Tilt (up and down) Tracking (following) 4. Combinations of any of the above <p>Video tutorial: 21'45</p>
5	Send your video.	<p>Please, don't forget to submit your film to be a part of the global Animal Kingdom at: https://www.numeridanse.tv/en/participatory-project/animal-kingdom</p>