

BAD DANCING

Dance as badly as possible over the course of a 5-minute song.

On a scale of 1 to 10 (with 10 being the worst dancing), start at a 1, hit a 5 at the 2-minute mark, and finally hit a 10 at the 4-minute mark.

SLOW-MOTION DYING

Play “My Way” by Frank Sinatra.

Dancers, take the entirety of the song (4 minutes and 30 seconds) to die in slow motion. Make your death as dramatic as possible. You are alone in your landscape, but there is an audience watching from afar.

Your death can be as specific or as mysterious as you would like. Try in silence and again with vocalizations.

AUDITION

Scenario: Dancer A is auditioning for a part without knowing what the part is. Present Dancers B, C, and D with your headshot and biography.

Dancer A: Deliver a one-line audition using a piece of mundane text you read or heard today. Modify as instructed.

Dancers B, C, and D: Give Dancer A different tones and contexts to try on. Offer feedback on their characterization and delivery. Feel free to instruct them to redo something, alter something slightly, or change it entirely.

Swap places, repeat.

SUNBATHING (TO BE PRACTICED IN PERFECT DARKNESS)

Lie down and sunbathe. Think about the sun and how nice it feels. Feel it on your nose, your cheeks, your shoulders, your thighs, your toes. You’re sunbathing like no one has ever sunbathed before. Feel yourself releasing any tension you’re holding -- the sun cooks it right out of you. Now feel your head become a yolk. Your body is an egg white. You are an egg and you are frying in a warm bath of oil. Feel your yolk-head harden as the heat spreads throughout your egg-body. Now picture yourself as a pig in a blanket. See yourself roasting. Picture the grease cooking underneath your skin. Now you’re a rotisserie chicken. You’re glistening, you’re oily, you’re beautiful. Everyone is gathered to watch you twirl. They all want you.

SECRET MESSAGE

Find someone across the room. Make eye contact. Make bad eye contact. Sustain bad eye contact. Cease human movements; begin animal, alien, or plantlike movements. As you transform, imagine a message that you are attempting to transmit to your partner through only your eyes and your movements. Slowly make contact and then separate, still transmitting your message. Get farther and farther apart until one of you leaves the room.

KILLER HOUSEWIFE

Pantomime vacuuming and talking on the phone. It is very hard to make yourself heard over the vacuum. These are your lines: “No, I am an ANARCHIST and a RADICAL.” “Do you smell cologne?” and “Why did you kill him? I loved him so much.” Take 2 minutes to deliver all three.