

#038:Lilla Magyari: A city-dance (2014)

Walk, stand, walk, stand, stand... and dance!

In city-dance, participants have the opportunity to experience normal walking on the streets of a city as a form of dance. Participants need a device (e.g. watch, mobile-phone) which can alert them to the different stages.

Stage 1. Walking solo in a group (5 minutes).

Start to walk in the city with your group (2-6 persons). Do not try to reach any particular destination.

Walk normally and allow yourself to be open to your environment.

Observe the people around, observe the sounds you hear. Then, open your attention to your own body.

How does it feel to walk? What is your rhythm and speed? Where do you look when you walk?

It is not a problem if a bigger group splits into smaller ones.

Try to walk together at least with one other person from your group.

Stage 2. Walking together with a group (5 minutes).

When your alarm sounds, expand your awareness to the others in your group.

How do the others walk in your group? Do they have a different rhythm, shape or style?

Let the others influence the choices you make in your walk.

Open yourself to the possibility of an emerging dialogue between your movements and the others' moments of walking and standing.

Stage 3. Walking together with strangers (5 minutes).

When your alarm rings again, start to observe how strangers walk and stand on the street.

They are not aware of your walking or standing, but you can be aware of theirs.

How they walk or stand? Let them influence the choices you make in your walk.

Include them in your walk-stand dialogue.

It is not a problem if you lose the contact with the members of your group.

But it is important that you remain unnoticed.

All of your movements should be still part of the every-day behaviour on the street.

If it is possible, try this stage out in shops or galleries as well. In shops and galleries, people often stand, walk a bit and stand again, offering you plenty of opportunities to dance with them.

When you performed this work, please don't forget to send a response (text, photo or video, whatever you choose) to **done@theconceptbank.org**.

We will archive it (anonymously) and we will also forward it to the artist.

Thanks and we hope you will visit us again.

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