#094: Milka Panayotova: One hundred steps, 2018

The title of the work is inspired by a political activist of the seventies
that opposed the mafia in Sicily.
Peppino's family's house was only a hundred steps away
from that of a Sicilian mafia boss, as he stated on the radio,
that is how close he lived from what he opposed.
Only a hundred steps separated him from a tough reality
he wished to do away with in his homeland.

In this performance series though, a hundred steps are no longer
a measurement of separation or a distance to walk to reach someone.
A hundred steps become the way of staying with someone,
while they walk their own way. An exercise of empathy
that can be easily practised and it not only involves intellectual
but also physical empathy: walking in someone else's shoes!

Instructions:
1.When you are out and about in town, spot someone who is walking in a certain direction.
This is the other performer (male or female) in your work!
2. Stay at a respectable distance, whatever is considered ok where you are.
It may be 4-5 metres apart.
3. Try and synchronize your walking with that of the other person,
looking at his feet, the way he walks, the pace of walking.
4. Follow him for a hundred steps, trying to assume his style of walking
as much as you can from the visual information he gives you.
Do not "imitate" him in a way that may seem grotesque in any way.
5. When you have reached the 100th step of following him,
notice whether the distance between you two has changed in any way.
Did you manage to follow him for all 100 steps? How does your body feel?
6. Resume your style of walking and if you wish,
choose another person to "stay with" for a hundred steps.

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.

Theconceptbank.org is a non-profit initiative, the use of the databank will be free for everybody
Please don't publish the work on social media! It is free for you to use but it is not yours.