

# THECONCEPTBANK.ORG

## #130: lenke Kastelein: Doorswing (2020)

Find a door inside your house and open it.

Place your arms on either side of the door,  
push your body and your head against it.

Embrace the door firmly.

Move with the door,  
gently swing with it hence and forth, hence and forth.

Become a dance-couple.

Swing-it-on!

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