

THE UNDERSCORE

() **ARRIVING ENERGETICALLY** Bringing your attention, your presence, your will, into the room. Bringing your focus into the present situation. Arriving into the present moment.

(.) **ARRIVING PHYSICALLY** Arriving into sensation. Focusing your attention on your physical sensations, the textures and locations of sensation throughout the body—the rise and fall of your breathing, the sensation of muscle tissue stretching, the action inside the joint, the touch of your body against the floor, your weight. Waking up to the encyclopedia of sensations in the body. I am reminded of Steve Paxton's image of "using the mind as a lens into the body." Magnifying sensation with attention.

Arriving physically is arriving into "body time"—where there's enough time to register your sensations and absorb their information and "nutritional value" into your system (rather than just accomplishing a physical task).

Becoming present in your body.

POW-WOW

Taking time to check in with the others who will be practicing the score: to introduce ourselves, set time parameters, mention any physical conditions we want others to be aware of and any other necessary practical information. It's also a time to "plant seeds" into our practice for the day—specific ideas and curiosities that anyone in the group is bringing into the Underscore that day.

It is not always necessary to do this, but we usually do.

POS PREAMBLATION

Circulating through the dance space by walking, running, or other simple variations. Time to see the room and the environment outside the room, to see each other, and to feel your own movement through space. Arriving into your movement, the space, and the community of people you're practicing with.

This is especially useful after a Pow-Wow; but even if there hasn't been a meeting, it's a nice way to begin the next progression of states.



Underscore pages falling off the wall during a run of the score.