

Alexis Porfiriadis

2011

Air (2011) is a score consisting of 40 different verbally instructed parts. Performer(s) are invited to make a solo or group realization of the composition using any amount of this material. In the case of a group realisation the order of actions and their respective timings should be decided collectively prior to the performance. All decisions about how to structure and perform the piece should be made collectively (not by one individual), through a process of conversation and rehearsal.

In the case of a large group (more than 10 persons) the players should at first collectively decide the duration of their performance and then they should form subgroups. Each of these should collectively decide upon the material to be played in the predetermined duration. It is not necessary for each sub-group to know prior to the performance what any other is going to use.

The actions of *Air* may be combined in any manner (based on the performers' choice), so that an action can continue while another starts, more than one action can be performed simultaneously etc. An action can be repeated by the same person provided that one or more other actions are inserted between repetitions to avoid successive appearances of the same action. The order in which the actions are presented in this score reflects no structural preference on the part of the composer. The duration of the performance is indeterminate but it should not be less than eight minutes.

The aim of *Air* is to observe movement as music, to "hear" movement itself. Consequently there should be **no use** of any kind of pre-recorded or live music during the performance. You are encouraged to perform your chosen action(s) as naturally as possible. Extreme displays and theatrics should be avoided.



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Air 1

standing on my feet

I lift one leg off the ground in an uninterrupted motion which lasts 1 min

I stay there

I feel the leg that keeps me standing

I close my eyes

Now I lift the other leg

I am in the air

I am relaxed

I am in the air

I descend. I do not rush.

I open my eyes

Fingers

I extend my arms

my fingers are dancing

Mirror

a full length mirror

I dance faster than my reflection

I stop only when I have no breath left inside of me

Think!

staying still with eyes closed

I do not rush

I consider my next move in every detail, to the smallest fraction of a second

I complete the motion in my head

I open my eyes

I perform

Floor

on the ground with my face down
closed eyes

I let gravity suck my body into the ground
I feel the weight dragging me inside

I am inside

when I can no longer breathe, I stand up

Body

with the index of my right hand
I trace slowly, calmly
and with the utmost concentration

every inch of my body
(in case of multiple performers,
I trace every inch of my fellow dancer's bodies too)

following a straight line
from my left toe
to my lips

Toe

dancing on my right big toe

I am dancing only on that toe
for 2 minutes

Fetus

a curled up fetus
completely still

for 1 minute

Air 2

jumping in the air 20 times
but each time
I stay there longer and longer...

Touch

touching all audience members
as fast as I can

Fall

letting myself fall on the ground
getting up at once
I repeat 25 times

Seconds

a calm motion lasting 2"
another lasting 7"

yet another lasting 14"
a final one lasting 37"

precisely

Run

running from one end of the space to the other
repeating until I am out of breath

when I feel I have to stop, I locate an audience member that I do not know

calmly I place his/her hand on my chest,
so they can feel my breath and my heartbeat

Turn

a turn
two turns, one after the other
three turns, one after the other
three turns, one after the other
four turns, one after the other
... ?

Song

closed eyes
thinking of a song I like a lot

dancing to it while singing it in my head

Inches

lifting my leg

I keep it lifted for 1 minute

I bring it back down on the ground

inch by inch

Item

approaching an audience member that I do not know
I try to move them, with their seat to another point in the space

I do not rush
I try until I cannot go on any longer

Tips

on my toe tips
for 1 minute

Air 3

closed eyes

feeling the air and the space in front of me
touching it without moving my legs

feeling the air and the space behind me

I do not rush

feeling the air and the space over my head
touching it without moving my legs

feeling the air and the space to my right
I relax

I do not rush

feeling the air and the space to my left
touching it without moving my legs

Ballerina

closed eyes

I relax

I do not rush

I relax

I imagine I am a clockwork ballerina

I become that ballerina for 1 to 3 minutes

Ballet

I perform a 2 minute excerpt from a classical ballet choreography that I like

Wall

gathering up speed

running with all my strength and crush myself on the wall

going back to my starting point

I repeat

again

again

again

Item 2

I find the heaviest item in the space

I try to move it, even slightly

Professor

I close my eyes

I think of a dance professor that had annoyed me very much
or had made my life difficult for no reason

I open my eyes

I dance for 2 minutes in a way that would make them really mad

Air 4

making intense movements with my arms for 1 minute

so that I feel the air against my palms continuously and uninterruptedly

Audience

using a member of the audience as my centre for 1 minute

Wall 2

every inch of my body is gradually touching the wall

slowly

very slowly

I close my eyes

I mold into the wall

I become one with its materials

I do not rush

when I can no longer breathe, I exit

Closed eyes

closed eyes

thinking of a person very dear to me

dancing with him/her for 2 minutes

with my eyes closed

Pulse

one beat of my heart

one step in the space, exactly

60 times

Air 5

shaking a piece of clothing/a cloth 100 times
so I can hear the sound of the air

Unprotected

all the lights go out

I dance naked, very intensely, very close to the audience for 1 minute

I stop

I get dressed without rushing

the lights are turn on again

Sweat

finding someone very dear to me in the audience

I hug them very tightly for 1 minute

I do not let them know before the performance

I perform this action only if I am sweaty enough

Breathing 1

deep inhalation = one continuous motion

deep exhalation = one continuous motion

30 times

Audience 2

touching an audience member that I do not know
dancing with them for 1 minute without losing contact

Wall 3

picking a wall, with my back facing the audience
taking my shirt off with a quick move and press myself against the wall

I close my eyes

I feel its temperature

I make 5 infinitesimal motions with my torso pressed against the wall

I open my eyes

I get dressed, with no unnecessary motions

57 times

I stand up

I sit down

I stand up

I sit down

57 times

Breathing 2

my every first move is an inhalation

my every second move is an exhalation

no move without a breath of its own

for 2 to 3 minutes

10 sec

I stay still for 10 sec
one infinitesimal motion during the next 10 sec
I repeat the process as necessary

Limits

Performing the most difficult dance figure
that I would like to be able to perform

but which my body prevents me from performing

Again

Again

Again

Again

Wall 4

I approach a wall
I close my eyes

I imagine that a person I love is imprisoned behind this wall

I move the wall

I do not despair, I move the wall
I do not stop

until I reach my beloved person or have no more strength left in me