



dancing dances and leaving traces
Nelia Naiman 2023

I WANNA
DANCE
WITH
SOME
BODY



dances, dancers,
and good friends are
like stars — you
might not always see
them, but you know
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Dancing dances and leaving traces

Do you know that saying "good friends are like stars – you might not always see them, but you know they are there"? In a way, this is what this workshop zine is about. And maybe it's also about twisting this sentence and replacing "good friends" with "dances" or "dancers", or letting the sentence hold all of them, since often dancing and friends exist in same places and spaces.

Together through this zine we are asking if it's possible to dance with and feel connected to others who are not in the space right now, but who have been or will be. We are assuming that a dance or several dances has/have already happened in the space we are in, and a dance or several dances will happen in this space after we leave it. So, our only task is to fill this moment with a dance, and to leave a trace for whoever comes next. This zine will help with that.

Even though we are talking about dancing with people who are not in the space right now, that doesn't mean we couldn't dance also with the people who are present. All of this workshop can be done together with other people. However, if you don't have the opportunity to dance simultaneously with others right now, or you don't even want that at this moment, that's also okay. I hope this zine offers you at least a small sense of connection.

Concretely, this workshop consists of two parts: 1) choosing a score and dancing a dance and 2) writing/leaving a trace. This zine offers you scores and prompts to help with each part, but feel free to modify them or come up with your own dance/trace. If you are doing this workshop together with people, look for the parts marked with a flower to find ways of modifying the tasks to be done together.

Dancing



Go to a place that feels like you could dance in there. Look around. Do you see traces of other people? Do you see traces of previous dances?

When you feel ready, dance a dance. It can be as short or as long as you want. If you feel like you need structure, put a timer on for 5/10/x minutes, or choose a song to dance to.



If you have decided to do this part of the workshop together with someone, figure out what that means; do you all choose a score individually, but dance them in the same space? Do you all choose the same score? Are you holding hands while you dance? Are you facing each other while you dance? Are you dancing the dances to each other?

Possible scores:

- Offer a dance to something in the space (a tree, a water bottle, a fallen beer can...). Treat the dance as a gift.
- Start to skip and run. Imagine it's the first day of spring and you are running on open grass. The sun is shining, and wind is not cold anymore. Every now and then, stop and dance. Let the movement echo in space.
- If you are in a crowd, start noticing how it moves. Is everyone stepping on the beat? Does everyone's head bump a little at the same time as the bus turns? When the light turns green, are people taking the first step at the same time? Let this affect you and dance a dance. This dance can also happen only in your head.

- If there's other people in the space: choose a person and imagine that you are connected. Dance a dance for that person/together with that person. You can choose the scale of how noticeable your dance is to that person.
- If there's no one else in the space: notice that you are in the space. Imagine that you are connected. Dance a dance for yourself/together with yourself. You can choose how noticeable your dance is to you.
- Imagine that soft snow is falling on top of you. The snow makes echo disappear as it folds you inside itself.
- Imagine a dance that has already happened in this space. Dance it.
- Imagine a dance that will happen in this space. Dance it.

After you have danced your dance, turn to the next page.

Leaving traces



Find a surface you can write¹ on. This can be in the same space where you just danced, or in a different one. I encourage you to find a place that is public or semi-public, meaning that other people besides you visit the space also when you are not there.

This could mean for example: a whiteboard at your school/workplace, a post-it note that you leave somewhere, a toilet wall, a bulletin board, and so on. Leave a trace on this surface for whoever comes next. You decide how visible or easily noticeable the trace is.

If you feel like you need structure, you can again put a timer on or play a song. **IMPORTANT:** this is not about writing a good text but about leaving a trace that you were here, and you experienced something.



If you have decided to do this part of the workshop together with someone, figure out what that means; are you writing at the same time in the same space but different things? Are you writing the same text, everyone adding one word at a time? Are you going to different spaces but talking on the phone while you write, writing the same thing in these different places?

¹ "writing" here includes also drawing and doodling.

Possible writing scores/prompts:

- Name the dance you just danced and write "[name of the dance] was here [optional date]".
- Name the dance you just danced and draw a heart. Write inside the heart the first letter of your name + the first letter of the dance's name.
- Write a list.
- Write a notes app poem of an emo teenager.
- Describe a/the dance that happened.
- Describe a dance that will happen.
- Write how it looks outside today.
- Describe what's in the space.

- Write what's missing.
- Write a recipe.
- Write a rant.
- Find a text. Rewrite it. Change words, change the order of the words, repeat words, take away words.
- Feel your inner self. Is there something that needs to be said? Write that down.
- Draw how the dance looked like in space.
- Draw how the dance would look like as an animal.
- Leave a score for the next one.
- Leave a tip or a trick for the next one.

After you have left your trace, turn to the next page.

The workshop is now over. See how it felt to dance and how it felt to leave a trace■.

As you leave this workshop behind, I invite you to remember the trace you left. If you have the possibility, visit the trace in the future. See what has changed. Sometimes the traces are being cleaned away almost immediately. Sometimes they stay visible much longer than you anticipated. Sometimes they get overwritten by other notes or advertisements. And sometimes someone might have answered your trace by leaving their trace next to yours.



Until the next dance!

