

Feet. Can't. Fail.

Stephen Chase

Version for melodica(s)

Sustain single notes or chords using any of these notes: E, C, G, B, A
(any octave) to last the duration of a long breath

Pair each sustained note with one of the events below

standing at the kerb, waiting to cross, deciding which foot to lead off
with

rock back and forth between heel and ball of feet

sit down very slowly

two feet, well planted, well balanced, standing still

stand up very slowly

leap from one place to another once during your sound

on one leg lean away from your centre of balance and back

on tip toes, bounce (bouncing a pulse until end of sustained sound)

observe movement, duplicate this movement

on two feet lean away from your centre of balance and back

circular motion using foot (from the ankle) or lower leg (from the knee)

walking

stretch: exercise leg, neck, torso, or arm, very slowly

Once make a sustained sound using something other than given notes

Play events in any chance-determined order

Pauses of similar duration between sustained sounds

Any number of performers working together or independently

Careful now...

[i.m. Merce Cunningham, 31-vii-09]