Time	Performer 1	Performer 2	Performer 3	
0:00	Start stopwatch, move into position for 0:10 as quickly and smoothly as possible, hold.	Start stopwatch simultaneously with sound file, move into position for 0:10 as quickly and smoothly as possible, hold.	Start stopwatch, move into position for 0:10 as quickly and smoothly as possible, hold.	
I: Study Hard & Work Like Killers				
0:10	Hands on hips. Move your head slowly from side to side.	Hold empty glass in left hand, glass with glitter in right hand. Pour glitter from right glass into left over 3.5", back from left glass into right over 3.5".	Hands on hips, move your torso in circles, slowly.	
0:17	FREEZE	FREEZE	FREEZE	
0:28	Continue as before, moving your head slowly from side to side, hands on hips.	Pour glitter from right glass into left over 3.5", back from left glass into right over 3.5".	Continue as before, moving your torso in circles, slowly, hands on hips.	
0:35	FREEZE	FREEZE	FREEZE	
0:41	Sawing movements: crisply thrust one hand downward and forward, at the same time drawing the elbow of the other arm backwards. Do this twice, very quickly, then FREEZE.	FREEZE TO THE TRUE	Hands on hips, slowly circle right leg, 5 times clockwise, 5 times anti-clockwise. Repeat.	
0:55	Revert to movements from 0:10 - moving your head slowly from side to side, hands on hips.	Pour glitter from right glass into left over 3.5", back from left glass into right over 3.5".		
1:02	FREEZE	FREEZE		
1:13	Continue as before, moving your head slowly from side to side, hands on hips.	Pour glitter from right glass into left over 3.5", back from left glass into right over 3.5".		

Time	Performer 1	Performer 2	Performer 3			
1:16	Shout boisterously and gesture lewdly – you are a drunk heckler in a strip club. Improvise text along the following lines: "Come on baby! COME ON! SHOW ME WHAT YOU GOT! YEAH! WOOH!" etc	(pouring glitter)	Shout boisterously and gesture lewdly – you are a drunk heckler in a strip club. Improvise text along the following lines: "THAT'S WHAT I WANT! Oh you got it YOU GOT IT! Make it happen! YEAH!" etc			
1:23	FREEZE		FREEZE			
1:27		FREEZE				
1:34	Release, get ready for next movement as quickly and smoothly as possible. Stand up straight and tense, with military bearing.	Release, get ready for next movement as quickly and smoothly as possible. Stand up straight and tense, with military bearing.	Release, get ready for next movement as quickly and smoothly as possible. Stand up straight and tense, with military bearing.			
II: Views	II: Views on Computerwork Romance					
1:42	Between 1:42 and 2:52 all three performers make actions with their arms while vocalizing. Performers should stand up straight and tense, with military bearing. There should be a contrast between the tight, frenetic arm movements and the delicate vocal sounds.	Between 1:42 and 2:52 all three performers make actions with their arms while vocalizing. Performers should stand up straight and tense, with military bearing. There should be a contrast between the tight, frenetic arm movements and the delicate vocal sounds.	Between 1:42 and 2:52 all three performers make actions with their arms while vocalizing. Performers should stand up straight and tense, with military bearing. There should be a contrast between the tight, frenetic arm movements and the delicate vocal sounds.			
	ACTIONS	ACTIONS	ACTIONS			
	The actions made with the arms consist of the following. Arm Actions.mov , a video of all actions, is enclosed with the score.	The actions made with the arms consist of the following. Arm Actions.mov, a video of all actions, is enclosed with the score.	The actions made with the arms consist of the following. Arm Actions.mov, a video of all actions, is enclosed with the score.			
	a) DOORKNOB: arms stretched out to either side, parallel to the ground. Hands positioned as if gripping a doorknob. Pivot arms forwards very rapidly 4 times, backwards very rapidly 4 times (as if turning the doorknob). Repeat.	 a) CIRCLES: arms stretched out to either side, parallel to the ground. Palms facing the floor. Move arms quickly in small circles. Repeat. b) WALL: begin with your arms stretched above head; draw palms down to shoulder level, push 	a) DOORKNOB: arms stretched out to either side, parallel to the ground. Hands positioned as if gripping a doorknob. Pivot arms forwards very rapidly 3 times, backwards very rapidly 3 times (as if turning the doorknob). Repeat.			
	b) ARC: begin with your arms stretched above head; draw palms down to shoulder level, push palms out to sides, then smoothly sweep arms back up above head. All movements in rapid	palms out to sides as if pushing two heavy walls away from you, then throw arms back up above head. All movements in rapid succession. Repeat.	b) OVERHEAD CIRCLES: with your arms stretched above your head, move your arms in small, tight circles - 4 circles towards each other, 4 circles away from each other. Repeat.			