



Office for the Arts at Harvard  
Dance Program

the harvard dance project in:

# GYM DANCES

cunningham - de keersmaeker - harper/johnson

november 11-14 '15, 8pm & november 15 '15 3pm

harvard dance center, 60 garden street, cambridge

  #GymDances #HarvardDanceCenter10

# The Harvard Dance Center

The Harvard Dance Center first opened its doors on October 6, 2005. The Center is the primary hub and performance venue for dance at Harvard and provides performance and studio spaces for curricular dance courses, non-credit classes, master classes, talks, artist residencies, student choreographer residencies and student-led dance group rehearsals and residencies. Prior to the Dance Center, the Radcliffe Gym was home to dance studies and the Dance Program for over five decades, and became the Radcliffe Dance Center in 1981. From social dances to master classes and courses, Dance has existed in various forms at Harvard University and Radcliffe College since the late 1890s. In 1964, Radcliffe appointed Claire Mallardi (Dance Director Emerita) to further develop dance studies and create a full-scale program. Under Mallardi's direction, the vision of the program shifted from a focus on physical fitness to one that emphasized creative thinking. In 1973, dance at Radcliffe became a part of the Office for the Arts (OFA), and in 1999 the Dance Program became a part of the Faculty of Arts and Sciences. From 2000-2011, Elizabeth Bergmann, former Chair of the University of Michigan's Dance Department, served as Director of the Dance Program and Lecturer on the Committee on Dramatic Arts. Under Bergmann's leadership and signaling the burgeoning presence of dance on campus, the Dance Program moved to a new dedicated dance space, the Harvard Dance Center – a repurposed basketball gym. Forging transdisciplinary partnerships between dance and departments across campus, Jill Johnson, Dance Director and faculty in Music and Theater, Dance & Media, aims to honor the great legacy and evolving mission of dance at Harvard by providing extraordinary opportunities for students to work directly with dance luminaries; by sustaining a strong and vibrant community at the Dance Center – a site for inclusivity, expression and innovation – and to advance dance literacy on campus and for the world.



## Claire Mallardi

"I will never forget the day Merce Cunningham taught his master class at the Radcliffe Gym. He was in awe of the space with its endless possibilities. Personally, I feel as if I left my soul there; creating some of my best work. It was truly an honor to call the Radcliffe Gym our home. Not only was it inspiring and beautiful, but it spurred movement from dancers, academics and athletes alike. The gym was, without a doubt, the most important space I have ever worked in."



## Elizabeth Bergmann

"During my tenure at Harvard, 2000-2011, I loved generating excitement for the many changes in dance. Upon losing the Women's Gym, the current Dance Center was created --a state-of-the-art home for dance, with performance space that converts from a studio to a theater in 10 minutes. Developing 13 credit courses in dance enabled the students to perform works of Balanchine, Ailey, Graham, Limón and Paul Taylor as well as investigate their own choreography. And, dance became a secondary field of study during these years at Harvard. Moving from the "hard-to-find" gym to the glorious Dance Center was a major growth moment for Harvard Dance."

# From the Director

Welcome to the 10<sup>th</sup> anniversary of the Harvard Dance Center. Over the past decade, thousands have attended and participated in courses, classes, performances, student groups, events and talks here. Tonight, you will see the most recent of over 40 new dance works made in this very space, 23 of which have been created in the last four years. For dancers and choreographers on campus, this is hallowed ground.

As always, our focus is on the student experience and empowering tomorrow's artists, innovators and leaders. But on this anniversary we also recognize past and present leaders at Harvard Dance whose creativity and diligence made our progress possible. Special thanks to former Dance Directors Emerita Claire Mallardi and Elizabeth Bergmann, Jack Megan and Cathy McCormick of the OFA, Professor Deborah Foster, and to all students, faculty and staff who have championed dance on campus. A debt of gratitude is also owed to President Faust, Dean Diana Sorensen, Dean Bisson, and Theater, Dance & Media Chair, Professor Martin Puchner. Their unwavering support of the arts and studies in arts practices is tremendously meaningful and impactful for all of us at Dance.

This anniversary and the Dance Center's humble beginnings as a basketball gymnasium inspired the title and curating of *GYM DANCES*. The aleatoric poetry of Cunningham, trailblazing style of De Keersmaeker and interdisciplinary process of Alvin Ailey-trained choreographer Francesca Harper look to both our past and future, representing both the evolution and traditions of contemporary dance.

Now, as ever, from master classes to student groups to the new Theater, Dance & Media Concentration, Harvard Dance seeks to deliver a transformative experience for students and audiences. The Dance Center's sustained aim is to be a site for academic and civic leadership, and community engagement – a space for inclusivity, research, reflection, dialogue, expression and innovation. We mark this anniversary with great pride and strive to continue our goal of advancing dance literacy on campus and for the world.

Thank you for coming to *GYM DANCES* – for joining us to celebrate this special moment in dance history on campus. Here's to the next decades of dance to come!

Jill Johnson  
Dance Director

# GYM DANCES

November 11-14, 2015, 8pm & November 15, 2015, 3pm

## ***gym event for Harvard***

This fall, Cunningham expert and former Company dancer Silas Riener led Harvard Dance Project (HDP) students in a series of intensive creative laboratory sessions that covered the history of Merce Cunningham's work and choreographic methodologies. *gym event for Harvard* was developed by HDP dancers in collaboration with Riener, using the principles of "chance procedures" and "indeterminacy" the students found present in Cunningham's work and methods. For example, they tossed dice and coins to govern their choreographic decisions to create a musical phrase using the numbers for the musical meter, determine the number of times they would do a movement phrase, which direction they would face, or if they would jump, turn or move to the floor.

Black Mountain College is where Merce Cunningham first started experimenting with "chance procedures." Thanks to a grant from the Provostial Fund for the Arts and Humanities and support from the Institute of Contemporary Art, HDP is extremely fortunate to collaborate with the ICA this academic year on the Leap Before You Look: Black Mountain College 1933-1957 exhibition. Students performed *gym event for Harvard* in the galleries of the ICA as part of this exhibition, on Oct 13 & 15, 2015.

### **Choreography:**

Harvard Dance Project Dancers

### **Director:**

Silas Riener

### **Lighting Design:**

Jon Gonda

### **Costume Supervision:**

Yuri Cataldo, Silas Riener

### **Dancers:**

Abigail Alter '19, Anna Antongiorgi '19, Emily Ban GSE '16, Kayla Chen '16, Julia DeAngelo '17, Olivia Lee '18, Tessa Markewich '16, Gabe Martinez '18, Laurel McCaull '18, Talia Rothstein '17, Sofie Rose Seymour '16, Braden Thue '16

## PAUSE

### ***Rosas danst Rosas, 2<sup>nd</sup> movement***

Belgian choreographer Anne Teresa de Keersmaecker's seminal work *Rosas danst Rosas* premiered in 1983 at the Théâtre de la Balsamine, Brussels. De Keersmaecker won a Bessie Award for the work in 1987. "*Rosas danst Rosas* consists of four dancers in rapport with one another and five chapters full of intense physical energy. The drive in this body machine is tempered by a series of 'very familiar, everyday movements': the abstraction then changes into a series of small, concrete emotional narratives." (Company Rosas).

In 1997, De Keersmaecker collaborated with filmmaker and composer Thierry De Mey to make a groundbreaking dance film of the piece which was shot in an abandoned technical school 'gymnasium' in Leuven, Belgium. De Keersmaecker recently created a public video project and posted the second movement of *Rosas danst Rosas* online, for free. HDP joins this project, and in collaboration with Jill Johnson used the Dance Center opening day date: October 6, 2005, and street address: 60 Garden Street, as well as additional prompts to create their own unique choreographic algorithms to re-interpret the work.

#### **Choreography:**

Anne Teresa de Keersmaecker

#### **Music:**

Thierry De Mey and Peter Vermeersch

#### **Director:**

Jill Johnson

#### **Lighting Design:**

Jon Gonda

#### **Costume Supervision:**

Yuri Cataldo

#### **Dancers:**

Abigail Alter '19, Anna Antongiorgi '19, Emily Ban GSE '16, Kayla Chen '16, Julia DeAngelo '17, Olivia Lee '18, Tessa Markewich '16, Gabe Martinez '18, Laurel McCaull '18, Talia Rothstein '17, Sofie Rose Seymour '16, Braden Thue '16

## *intermission*

### ***work for spring (working title)***

Francesca Harper and Jill Johnson lead an open rehearsal of their new work-in-progress for and in collaboration with Harvard Dance Project student dancers. The creation process will continue in the spring term '16 and culminate in Dance spring performances at Farkas Hall, April 13-17, 2016.

#### **Choreography:**

Francesca Harper & Jill Johnson, in collaboration with the dancers

#### **Dancers:**

Abigail Alter '19, Anna Antongiorgi '19, Emily Ban '15, Kayla Chen '16,  
Julia DeAngelo '17, Kathryn Kearney '16, Olivia Lee '18, Tessa Markewich '16,  
Gabe Martinez '18, Laurel McCaull '18, Talia Rothstein '17,  
Sofie Rose Seymour '15, Braden Thue '16

### **Harvard Bhangra Dance Company with Student Group Dancers**

#### **Choreography:**

Bhangra Dance Company

#### **Director:**

Harneek Gulati

#### **Dancers**

Members of: The Harvard Bhangra Dance Company (HBDC), Harvard Ballet Company (HBC), Harvard Radcliffe Modern Dance Company (HRMDC), and the Harvard Chinese Student and Scholars Association: Mulan Dance Troup (HCSSA)

# Artist Bios

## Jon Gonda

Jon Gonda is a freelance lighting designer, programmer and production manager based in Boston, MA. He studied computer science and electrical engineering at the Massachusetts Institute of Technology (MIT), where he also designed sets and lighting for dance theater productions. He has provided moving light programming services for commercial, theater, dance companies, galas and corporate events including Boston Ballet, Doug Varone and Dancers, High Output, Childsplay and New England Conservatory.

## Francesca Harper

Francesca Harper is an internationally acclaimed multi-faceted artist. She was named U.S. Presidential Scholar in the Arts, and performed at the White House in 1987. After performing with the Dance Theater of Harlem, she danced as a principal in William Forsythe's Ballet Frankfurt. Her Broadway credits include *Fosse*, *The Producers*, *All Shook Up*, *The Frogs*, and the Tony Award winning treasure *The Color Purple*. Most recently she was invited to develop a new character for *Sleep No More* in New York City, where she sings every week at The McKittrick Hotel as Jazz Vocalist, Cecilia Robertson. Harper has choreographed works for Alvin Ailey American Dance Theater, Ailey II, Tanz Graz, Hubbard Street II, Dallas Black Dance Theater, and her own company, The Francesca Harper Project. The Francesca Harper Project has become the platform for Harper's own artistic vision: classical dance forms deconstructed and fused with cutting-edge text, music, film and video. The company has toured Nationally and Internationally at venues including the Holland Dance Festival, Venice Biennale, NJPAC, Impulstanz, The Metropolitan Museum of Art, and The Joyce Theater.

## Jill Johnson

Jill Johnson is Director of Dance (OFA Dance Program), Senior Lecturer in the Department of Music and Theater, Dance & Media, and artistic director of the Harvard Dance Project. She is a 27-year veteran of the dance field; choreographs for film, television and the stage; has danced in over 50 tours on 5 continents; and was a soloist with the National Ballet of Canada, and a principal dancer and researcher in William Forsythe's company Frankfurt Ballet. A protégé and 24-year close collaborator of Forsythe's she stages his work worldwide, including for Paris Opera, La Scala, Batsheva Dance Company, Norwegian National Ballet, Lyon Opera Ballet, Netherlands Dance Theater, Boston Ballet and American Ballet Theater. Johnson is a founding collaborator of The Movement Invention Project in New York, and was recently appointed as a master teacher at the YoungArts Foundation. She has served on the faculties of and created choreographic work for Princeton University, Columbia University, the Juilliard School and NYU; and has created 10 new works at Harvard since 2011 including, *Paper Wing*, *Degrees of Difference*, and dance installations *RE: RE: RE:* and *LOOK UP*. Recent collaborations include those with the Harvard Choruses, Mahindra Humanities Center, Boston Ballet, San Francisco Ballet, Bravo Television in Canada, Rover UK, *Crossing* opera with the American Repertory Theater, Dries Van Noten film for the Louvre – *Musee des Arts Decoratif*, Ryuichi Sakamoto and Mikhail Baryshnikov.

## Anne Teresa De Keersmaeker

In 1980, after studying dance at Mudra School in Brussels and Tisch School of the Arts in New York, Anne Teresa De Keersmaeker created *Asch*, her first choreographic work. Two years later came the premiere of *Fase, Four Movements to the Music of Steve Reich*. De Keersmaeker established the dance company Rosas in Brussels in 1983, while creating the work *Rosas danst Rosas*. Since these breakthrough pieces, her choreography has been grounded in a rigorous and prolific exploration of the relationship between dance and music. She has created with Rosas a wide-ranging body of work engaging the musical structures and scores of several periods, from early music to contemporary and popular idioms. Her choreographic practice also draws formal principles from geometry, numerical patterns, the natural world and social structures to offer a unique perspective on the body's articulation in space and time. In 1995 De Keersmaeker established the school P.A.R.T.S. (Performing Arts Research and Training Studios) in Brussels in association with De Munt/La Monnaie.

## Silas Riener

A graduate from Princeton University, Silas Riener was a member of the Merce Cunningham Dance Company from November 2007 until its closure at the end of 2011. While performing with MDCDC, Riener completed his MFA in Dance at NYU's Tisch School of the Arts (2008). He received a 2012 New York Dance and Performance Award (Bessie) for his solo performance in Cunningham's *Split Sides*. Since 2010 he has collaborated with choreographer Rashaun Mitchell on site-specific dances and immersive theatrical experiences. He was a 2014 New York City Center Choreographic Fellow and a Mellon Artist-in-Residence at The Newhouse Center for the Humanities at Wellesley College, and a 2015 Artist-in-Residence at Gina Gibney Dance Center Dance-in-Process, and at the Frank-Ratchye STUDIO for Creative Inquiry at Carnegie-Mellon University. Riener has taught workshops on performance and technique at Concord Academy SummerStages in Boston, throughout Turkey at several universities, in the Dance Program of Princeton University and Barnard College, and at the Merce Cunningham Trust.



**A DECADE AT THE HARVARD DANCE CENTER = 16,000 PARTICIPANTS & AUDIENCE MEMBERS,** KYLE ABRAHAM, DANIELLE AGAMI, ALVIN AILEY, JONATHAN ALSBERRY, **BALLET**, SHAUN AMYOT, KAROLE ARMITAGE, GEORGE BALANCHINE, **63 VISITING ARTISTS**, REID BARTELME, ASZURE BARTON, ROBERT BATTLE, **WEST AFRICAN**, BRIAN BROOKS, RONALD K. BROWN, JOH CAMARA, PETER CHU, PATRICK CORBIN, MERCE CUNNINGHAM, CHRISTINE DAGIN, TOBIN DEL COURE, **CONTEMPORARY**, MICHELLE DORRANCE, JORMA ELO, SUZANNE FARRELL, WILLIAM FORSYTHE, BOB FOSSE, ARIEL FREEDMAN, KATE FREER, MARGIE GILLIS, **POINTE**, DAVID HALLBERG, FRANCESCA HARPER, **40 WORLD PREMIERES**, DIQUI JAMES, JUDITH JAMISON, JOHN JASPERSE, JURI KYLIAN, **COMPOSITION**, LIZ LERMAN, PONTUS LIDBERG, JOSE LIMÓN, ANDREA MILLER, JON MORRIS, **JAZZ**, OHAD NAHARIN, MIKKO NISSINEN, RIKA OKAMOTO, PAULINE OLIVEROS, MICHAEL PALMER, PILOBOLUS, CRYSTAL PITE, **IMPROVISATION**, DWIGHT RHODEN, **CONDITIONING**, JOSH RHODES, DESMOND RICHARDSON, SILAS RIENER, CHRISTOPHER ROMAN, MICHAEL SINGER, **75 MASTER CLASSES**, SYDNEY SKYBETTER, DWANA SMALLWOOD, RISA STEINBERG, MELINDA SULLIVAN, PAUL TAYLOR, DAVID TENNENT, TWYLA THARP, CHET WALKER, HEATHER WATTS, WENDY WHELAN, **HIP-HOP**, CLIFFORD WILLIAMS, REGGIE WILSON, DAMIAN WOETZEL, SHERON WRAY, **14 CO-CURRICULAR COURSES**, JAWOLE WILLA JO ZOLLAR, **CARDIO-SCULPTING**, NORA ZUNIGA-SHAW...

# The Harvard Dance Project

The Harvard Dance Project (HDP) cultivates invention and fosters the courage of artistry. This faculty-led performance company gives students the opportunity to be original cast members and collaborators in two or more diverse dance works created by preeminent professional choreographers. The project focuses on performance research, collaboration and choreographic composition, and links choreographic thinking to other fields. It is a studio-based course which includes at least 12 performances at major venues on campus each year.

## Student-Led Dance Groups

Ballet Folkloric de Aztlán, Crimson Dance Team, Fuerza Latina (Candela Salsa Dance Troupe), Harvard Asian American Dance Troupe, Harvard Ballet Company, Harvard Ballroom Dance Team, Harvard Bhangra Dance Company, Harvard Breakers, Harvard Capoeira Club, Harvard Chinese Student and Scholars Association: Mulan Dance Troupe, Harvard CityStep, Harvard College Middle Eastern Dance Company, Harvard College Pan-African Dance and Music Ensemble (PADAME), Harvard-Radcliffe Modern Dance Company, Mainly Jazz Dance Company, Passus: Harvard College Step Team, South Asian Dance Company, TAPS

## Staff & Crew

Jill Johnson: Dance Director

Erick R. Lopez: Administrative Manager for Dance

Elizabeth Epsen: Program Assistant for Dance

Jon Gonda: Production Supervisor

Jackie Fulton: Stage Manager

Whitney Cover: Teaching Fellow, Harvard Dance Project (Music12)

## Special Thanks

The Provostial Fund for the Arts and Humanities, Dean Rakesh Khurana, Dean Jay Harris; Professors Homi Bhabha, Andrew Clark, Federico Cortese, Jorie Graham, Peter Saks, Robert Scanlon; Diane Borger, Ruth Erickson, Lori Gross, Harnek Gulati, David Henry, Dr. James Nuzzo, Elizabeth Olds

# Dance Program Mission Statement

Rooted in tradition, committed to innovating, the Dance Program supports studies in dance composition, improvisation, performance, choreographic design and history of dance with an emphasis on collaboration and trans-disciplinary inquiry. The Program is a part of the concentration in Theater, Dance & Media; offers a secondary field of concentration in drama with a focus on dance; for-credit courses; co-curricular dance courses at all levels, plus opportunities to perform repertory, commissioned work, and installations. The Dance Program provides mentorship and support for student-led dance companies, a vibrant community of Harvard dancers who represent over twenty dance traditions from across the globe. The Program regularly hosts guest artists and choreographers who teach master classes and hold residencies throughout the academic year, fostering exceptional opportunities for students to work with luminaries and innovators in the field and in disciplines linked to dance.

# Theatre, Dance & Media Mission Statement

Harvard's newest concentration invites students to become art makers and researchers ranging across theater, dance, and performance-based media. Using Harvard's immense resources, from the Theatre Collection to the Dance Center and the American Repertory Theater, students will learn to hone their creative instincts, work collaboratively in small groups, and participate in professional departmental productions. Our courses range from physical movement, directing and design to creative writing, aesthetics and digital humanities and emphasize the combination of theory, history and practice. Equally invested in technical skills and a broad liberal arts education, the concentration aims to launch a generation of graduates who will use their experience in storytelling, performance, and media for careers inside and outside the arts.



Photo: Eric Antoniou

# UPCOMING COURSES & EVENTS

## Spring 2016 Curricular Courses

### The Harvard Dance Project (MUSIC 12B)

Instructor: Jill Johnson, Meeting Time: Tue/Thu 3-6pm, Location: Harvard Dance Center, 60 Garden St

### Argentine Tango: Culture, Music, and the Dance (TDM 149DA)

A thorough introduction to, and immersion in, the culture and history, music and dance of tango argentino. This course, taught by argentine Thomas Wisniewski, a professionally trained musician and dancer, will combine academic work with studio training and offer an interdisciplinary and comparative study of both theory and practice.

Instructor: Thomas Wisniewski, Meeting Time: Tue/Thu, 3-4:30pm, Location: TBA

### Live Art in the Theater Environment (TDM 169DB)

This is a fast-paced intensive introduction to multidisciplinary performance art practice. Open to a mix of students with dance, visual, video and/or theatrical backgrounds, the course will focus on practical strategies employed in the blending of movement, sound, image and presence in contemporary performance works.

Instructor: Dean Moss, Visiting Lecturer Meeting Time: TBA, Location: TBA

### Movement Lab (TDM 141)

This course explores the practice of choreography in a dynamic research environment. Students will learn interdisciplinary tools for devising, modifying and editing motion for the stage, screen or site-specific work. Compositional discernment and keen visual evaluation skills will be developed through: extensive studio practice creating and interpreting movement phrases and gestures; discussion and feedback of individual movement composition assignments; viewing and analyzing the structure, dramaturgy, set and lighting design in seminal dance and theater pieces from around the world; and examining how new media can be utilized for appraising, capturing and documenting motion in the 21st century.

Instructor: Jill Johnson, Meeting Time: W, 2-5pm, Location: Harvard Dance Center, 60 Garden St

## Spring 2016 Dance Classes

Non-Credit dance classes are open to Undergraduate Students, Graduate Students, Faculty, Staff, and the Harvard Community, including our MIT colleagues. Register for all 10 weeks or pay as you go with drop-in classes.

Ballet I, I/II, II, III; Contemporary I, II/III, Conditioning: Strength & Stretch, Cardio-Sculpting

## Spring 2016 Master Classes

Akram Khan, Trajal Harrell, Karole Armitage, David Hallberg, Peter DiMuro

**For more information visit: [ofa.harvard.edu/dance](http://ofa.harvard.edu/dance)**



Photo: Eric Antoniou



## Office for the Arts at Harvard Dance Program

### **Harvard Dance Program**

60 Garden Street  
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617 495 8683

 Harvard Dance Program

 @harvarddance

[ofa.fas.harvard.edu/dance](http://ofa.fas.harvard.edu/dance)

#GYMDANCES

#HarvardDanceCenter10

# HARVARD DANCE PROJECT CHOREOGRAPHIC SCORES

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## Anne Teresa De Keersmaeker's Rosas danst Rosas 2<sup>nd</sup> Movement

A	B	C	D	E	F
A	B	D	F	G	E

**OPENING OF THE DANCE CENTER: 60 GARDEN, OCT 6, 2005**

**USING THE KEYPAD ON A PHONE:**

**60 GARDEN = 66427336, OCT 6, 2005 = 62862005**

**BASIC SET =**

A	B	D	E	F	
6	0	4	2	7	
A	B	D	E	F	
3	3	6	6	2	
A	B	D	E	F	
8	6	2	0	0	5

## YELLOW GROUP SCORE

TM 1: (back)A A A 0 0(front) B L1 D(right) D D D DL2(front) 0 E E E F F  
2: 0 0 0 L1 0 0 0 A Nodding 0 D B B B B B

EB 1: A A A B B B L1 D(right) D D D DL2(front) D 0 0(2 cts)E E(2 cts) FF  
2: 0 0 0 L1 A A A A Nodding B B D D B B B

BT 1: A A A B B B L1 D(right) D 0(left) 0 0L2(front) 0 0(3cts)E E E(1ct) F F  
2: 0 0 0 L1 0(move chair to other end) 0 0 A Nodding 0 D D B B B B

KC 1: AAA 00B L1 D(right)DDDD0DL2(front)0(1cts)EEEEFF  
2: 000 L1 AAAA Nodding 0BBDB

# EARTH, WIND, FIRE, WATER SCORE (AKA RED GROUP)

## Earth

A  
Leg 1  
Hold  
A  
A  
A  
Hold  
Hold  
Hold  
Hold  
B  
Nod  
Shift  
B  
D  
D  
Leg 2  
D  
E  
E  
Leg 1  
Hold  
Shift  
Shift  
Shift  
Shift  
Nod  
F  
F  
F  
Shift  
A  
A  
A  
A  
Leg 1  
nod  
A  
Leg 2  
Hold

## Wind

Hold  
Leg 1  
A  
Hold  
A  
Leg 1  
A  
B  
Hold  
Hold  
B  
Nod  
B  
Hold  
Hold  
D  
D  
Leg 2  
Nod  
E  
E  
Leg 1  
F  
F  
Nod  
E  
E  
F  
Leg 2  
Hold  
Leg 2  
Shift  
A  
A  
A  
A  
A  
Leg 1  
A  
A  
Leg 2  
Hold

## Fire

Hold  
Leg 1  
A  
Hold  
A  
A  
A  
A  
B  
B  
Hold  
B  
Nod  
B  
Hold  
D  
D  
Leg 2  
Nod  
E  
E  
Leg 1  
Hold  
Shift  
Shift  
Shift  
Nod  
F  
Leg 2  
Leg 2  
Shift  
Hold  
Hold  
Hold  
Hold  
Shift  
Hold  
Hold  
A

## Water

Hold  
Leg 1  
A  
A  
A  
Leg 2  
A  
B  
B  
B  
B  
Nod  
B  
Hold  
Hold  
Hold  
Leg 2  
D  
E  
E  
F  
F  
F  
Nod  
E  
E  
F  
F  
Leg 2  
Shift  
A  
A  
A  
A  
Leg 1  
nod  
A  
Leg 2  
Hold

