



GUS in Galway -23/0/18

Funded by Galway Dance Project - **Facilitated by Bernadette Divilly**

Video/ Camera Irina Rabenstein

GUS 2018 <http://globalunderscore.blogspot.com>

Galway GUS 2018 -

[Video](#)

<https://www.youtube.com/watch?v=Yv27tbCnH3o&feature=youtu.be>

Galway CI Community prepares for GUS 2018

The Underscore is a long-form dance improvisation structure developed by Nancy Stark Smith. It has been evolving since 1990 and is practiced all over the globe.

June 2018 (CI) Dance Labs NSS Underscore – LABS as connection, community research, composition, play and skills development, facilitated by Bernadette Divilly and supported by Galway Dance Project. www.bernadettedivilly.com

Check out <https://www.facebook.com/groups/107332772677670/about/>

Global Underscore Outline

Facing East Opening Stand/ Small Dance Amsterdam

Participants of GUS in Galway

Kevin Carmody

Elodie Rein

Dave Moloney

Irina Rabenstein

Doireann Carney

Glenna Gerstenkorn

Barbara Dunne

Bernadette Divilly

Closing 5 min Stand/ Small Dance facing West to Stukely-Sud, QC Canada

Harvest : **audio recorded and circulated to for editing by Kevin Carmody**

Sounds of breathing, eating, gulls in the background. A settling down, laughter and giggles at the enjoyment of food...

Bernadette (bernie)

Glad to have this time before preamble and final stand to harvest our experience lets go Popcorn style, [presenting taking stick], fight for it (smiling)

Doireann

Thank you Bernie for allowing me to express my no.

Kevin;

First part , whatever part I found difficult, arms and legs heavy and I thought what's going on, then that passed and I was in a new space and something else evolved then I started to flow. In the initial period I thought god the atmosphere, I felt heavy and it's not something I am accustomed to, it didn't drag me down to the floorboards but it's not something I am accustomed to , I am a light person. I

had a crushing feeling a sort of deadening feeling, what the fuck is going on? This is going to be tough. Just to acknowledge that was present for me.

Glenna

I resonate a lot of what you said at the beginning it was hard work and I felt a resistance to being here and heaviness maybe in the field I don't know. I just surrendered to it and I was curious about it, if it would shift? What would emerge so I stayed with curiosity? I got a sense of attunement in the room and we all went into this really deep restful place and I actually fell asleep a few times that felt really deep and kind of healing and a lightness emerged in the room, yeah it really felt like a wave or something the way we journeyed on together. It was very different to the other underscores. It had a very tangible quality to it at one stage in the room. There was a certain density there.

There is something about staying with it; I don't know what everyone else experienced. I think there was just surrendering to it whatever that was. I feel actual quiet good after it. I am just appreciating the practice and I guess that goes back to what I felt this morning, do I want to be here? Do I want to be here? Or do I want to be in the sunshine? Like I had to make this decision to be here and it was hard and I am glad I came and journeyed with you, all through the different levels, thank you.

Dave. I have chosen to edit out my dialog as i felt deeply moved to silence after the dance and i would prefer to honor that deep silence that came from dancing with the group so instead i have some more general reflections to make into part of the blog if that is ok Berni ? (Yes for sure Dave as this is the idea behind recording and then having time to digest BD).

Kevin I am really grateful for all the food people brought, I love to snack, and I enjoy snacking it's my favourite pastime. Snacks I haven't selected is even better, I think yeah this is interesting. I think I missed out on some of the deeper parts because I was out snacking. That's ok I'll find my own way to heaven. Thank you to everybody for sharing I appreciate it.

Barbara

When we were facing Amsterdam I had an image in my head of people behind me. I wasn't even thinking then suddenly I could feel everyone behind me and in front of me and it was very interesting. I really had a strong sense that people were thinking of us in Galway behind us and people in front were also thinking at some level they knew we were behind. That was very interesting. I... the dance was in two parts I was extremely tired and didn't have anything to give, appreciated the time to listen to my body so I lay in the sunshine. Actually it was one of the sea anemones that someone had painted had come to life, so I came back and I made an internal decision I wasn't going to dance with anybody , I was just going to lay down. After that Doireann came over, for me after a quiet part, actually the next

part and exploration of touch it was such a gentle touch not only my skin but the quality of bouncing back and forth. I had it as well with Irena, just it was such, I really found it wasn't big it wasn't out there. It was like the little dance but only a little bigger it got a little bigger and, with you it was like being reborn again or something. It was definitely that for me that just to be held or something, thank you. So it did it got gradually up and then it moved and reached a crescendo, so the only one I didn't dance with today was you [Dave], stir over tea cups, so yeah I really appreciate that journey, from the lying down to the standing, to the satiation, I feel satisfied, like I've had a good meal, I feel like that. I really enjoyed that time just laying down just watching everybody and the quality of that was there, thank you. Thank you very much thanks for holding that space.

Kevin

It occurred to me I found it really difficult to locate myself in the room at the beginning, I just couldn't locate myself. I wanted some space then I couldn't find some space. Apart from I enjoyed standing, I didn't enjoy any part of it really that standing and I felt like I wasn't really present, I missed some parts of the underscore and that was definitely one part, it was strange and feels like a bit of a funny reaction. I didn't identify with Amsterdam.

Bernie

Amsterdam connected to me by email yesterday so felt connection Standing and Facing in their direction. I could have gone on standing forever - wanted to settle, as wind in my gut painful so my dance included a place inside me where movement is trapped.

I am aware of connections during GUS - of including the Long Dance Community practicing all over the world. Glad we navigated as a group our places of yes and the no, and that recording was managed with such sensitivity - I appreciate that.

Several times I found myself imagining Nancy in her home in Florence a satellite and others who were practicing alone yet we are together. I was glad when you said [Irina] you knew somebody in Argentina making connection to you. The together in the world that really helps generate respect as I move with the familiar in my home ground.

Conscious this very hot day and listening to the seagulls -above they've been like our companion dancers today.

And there are moments of stillness that are really beautiful that makes such a deep place for contact. Lightness emerged from body real time experiences of heaviness towards a time where we could mobilise, move supported by yielding into travelling together. Also remembered of Nancy often talking about Come as you are, come as you are, I often found myself saying that to myself.

Reminder in 5 mins time we go to stand.

At the beginning I couldn't stop crying and I didn't know why. I thought I might be the connection with something else, much bigger than us. But when you just mentioned Argentina, I started crying again. That's what brings me the emotion. It's strange, there's something here, a connection, but I'm not home. So thank you everyone, thank you for expressing your "no" and I hope it wasn't too disturbing having me going around with the camera. Deep crying, sighing.

Glenna

Thank you for your tears, you brought a lot of heart to the room and sensitivity about how you used the camera, really appreciated.

Barbara

I felt the part of us connected to Argentina and it was really there coming into my awareness, sighs.

Dave .

When I am in the preambing part of the underscore what arise's for me is a feeling of my body delving into the space and motion of other people in the room while still listening to my own Body .

I find freedom in being able to express belonging to both a solo and collective experience. Spending time in the underscore dance opens for me a underlying ecstatic dance where my body and conciseness can go on a journey of discovery and playfulness through consensual touch with others in the room .

Bernie

We can come back again and sit, if it's useful, we are connected to all these people and they to us.

So maybe we can just preamble in the space?

Note Some others spoke but decided not to include in public media share.

