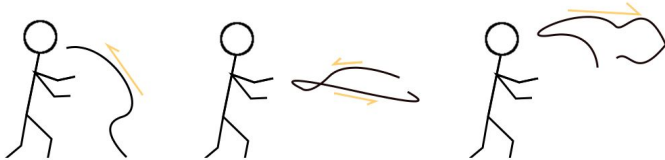


Trench

Instructions for All are in Red and BOLD Instructions for Subs are in Blue Instructions for Non-Subs are in Green Instructions for Numbered Soloists are in Grey

<p>1 - WAVES</p> <p>In counterclockwise order, wait one-Mississippi and then Chuck the script. Raise GT and press pedal when at a comfortable resting position.</p>	<p>2 - DESCENT</p> <p>Make slight circular hand movements, slowly lowering until your pitch is barely audible.</p>
<p>3 - EXPLORATION OF THE DEEP</p> <p>Synchronize with one another at your lowest possible frequency (30Hz). Then raise together up to 100Hz. At this point, choose a 15Hz pitch range and explore wave-like hand motions within it. Once your gain begins to decrease, return to 30Hz.</p> <p>Undulate in the low-mid frequency range.</p>	<p>4 - SOLO</p> <p>#1 Rise up slowly. Perform figure-8 gestures at the top of the frequency spectrum. Focus on swelling and alternations between dissonant tension and consonant relaxation in your movements.</p> <p>Undulate in the low frequency range.</p> <p>Keel undulating in the low-mid frequency range.</p>
<p>5 - DUO</p> <p>#2 Rise up slowly, and when at the top of the frequency spectrum, hold for seven-Mississippi. Begin to synchronize with #1.</p> <p>Keep undulating in the low frequency range.</p> <p>Keep undulating in the low-mid frequency range.</p>	<p>6 - QUADRO</p> <p>#3+#4 Same as #1 in Solo, but synchronized with one another.</p> <p>#1+#2 Synchronized with one another, periodically rise and fall within the mid-to-high ranges.</p> <p>Return to your lowest frequency.</p> <p>Position arm parallel to chest.</p>
<p>7 - OCTO</p> <p>Synchronize with one another. Do each of the following movements eight times each. Try to slightly loosen coordination each time.</p> 	<p>8 - FINALE</p> <p>Mentally choose a position in the frequency spectrum, and indicate its height with your index finger. Once all are giving their cues, descend/ascend and hold for ten-Mississippi. Then all collapse into the lowest frequencies and, counterclockwise, hit the "k" key to taper off their Chuck scripts.</p>