IM FETT NEW YORK. GRACEFUL
BY MICHAEL KLIËN

This work consists of four discreet sections broken up by three, so-called, 'Thoughtbreaks', that form distinct transitions between the parts. Do not write anything down. Do not repeat or rehearse any movements outside runs of 'Im Fett New York. Graceful.' This work is based on Im Fett (Kliën, 2003).

A. PREPARATION
Do something.

I. YESTERDAYS
Start remembering your life and let your thoughts become immediate movement: keep moving and remembering: enter a dialogue with yourself.

THOUGHTBREAK
Choose a physical position that aids your own process of reflection. Identify something (a regularity, pathology, person, etc) that forms part of you. Focus all your attention towards that something. Reflect upon it.

II: A SPECIFIC SOMETHING
Start moving again. Adjust your movement to the specific something identified. Reflect upon this something whilst moving. Be as precise as possible in synchronising your movements to thoughts in terms of dynamics, rhythm, quality, range, etc. Eventually substitute thinking/moving in favour of dancing.

THOUGHTBREAK
Recall every 'specific something' since your very first rendition of Im Fett New York. Graceful. Do not force yourself to remember: let longer waves in your mind last longer.

III: ALL SPECIFIC SOMETHINGS
Physically explore and re-visit all 'specific somethings' that you have remembered (in its entirety or in parts).

THOUGHTBREAK
Go to your momentarily favourite location on stage and stop. Evoke all 'specific somethings' simultaneously.

IV: THE SIMPLIFICATION OF ALL
You are now the centre-point in a sea of 'somethings' that you have chosen and remembered over time. Select one representative movement from every something, guided by your memory. Repeat the movements in a preferred order till they form a little sequence. Find simple transitions between the movements and repeat the resulting sequence at least twice. Thereafter, start dissolving the order of movements into randomness. Whilst doing this, scale the movements down (limit your movement-range). Start thinking of tomorrow. How will it be… stop moving after a while.