

## ACT NOW

1. Create a move
2. Use your body in unusual and witty ways
3. Recognize movements that have relevance to your body
4. Recognize an irrelevant movement. Execute it. Repeat it. What do you feel now?
5. Try to imitate a move
6. Try to imitate a move and change a detail
7. Try to repeat a move
8. Try to learn a move
9. Try to repeat and change a move
10. Recognize different relationships between objects and your body
11. Create a move with an object
12. Create a move with an object, while experience emotion
13. Create a move in the point of view of an object
14. Let the object move you
15. Create a locomotion
16. Create locomotion by using a glueing technique
17. Create a move by focusing on the sound
18. Create a movement with causal relations between your body parts
19. Imitate another part of the body with one part of the body
20. Choose an everyday movement and change it by repetition and alienation
21. Create a move and explain the Intention behind it
22. Create a movement that addresses a theme such as ...
23. Create a move with an object and get surprised
24. Find a posture that touches the ground with unexpected body parts
25. Find a simple posture that touches the ground with unexpected body parts
26. Find a difficult posture that touches the ground with unexpected body parts
27. Instrumentalize your body
28. Try to fit your body into different environments
29. Imitate the animal movement
30. Create a chain reaction with at least another human-being
31. Create a move with an object which addresses a theme such as 'uncompromising democracy'
32. Create a move (with an object) about discrimination
33. Create a move (with an object) about gender
34. Create a move (with an object) about racism
35. Create a move (with an object) about sexism
36. Create a move (with an object) that addresses a theme such as 'civil disobedience'
37. Create a move in where you normally use your other body part between your right & left body-parts
38. Take a simple gesture and repeat it in a different alignment of the body
39. Create a move by focusing on the relation between two body parts
40. Create a move that questions, reflects and/ or interprets a phrase
41. Create a move by a simple task in an indirect and overly complicated way
42. Create locomotion by imitating a shocked animal
43. Inspire yourself, inspire others & inspire us
44. ...  
Our bodies are enough

---

If you have any further ideas for the ACT NOW list, please share them with us.

[mail@peopledoingmoves.com](mailto:mail@peopledoingmoves.com)

<https://www.instagram.com/people.doing.moves/>

## PROPOSITION

1. 'people doing moves' supports people bodies
2. 'people doing moves' wants to play
3. 'people doing moves' is self-design
4. 'people doing moves' is movement research of playing and creating; its physical presence, formability and possibilities
5. The focus is on performing a clear and unambiguous start and endpoint of the movement pattern. In between everything can happen. Or not
6. 'people doing moves' looks for forms between and beyond movement-oriented cultures and is curious about creative mixed forms
7. 'people doing moves' is an archive and accumulation of movements
8. There is no right or wrong. You are a human who moves in possibilities.
9. 'people doing moves' is a universal language that does not have to be learned.
10. This body language is nearly interpreted and understood independently of ethnic and cultural context
11. 'people doing moves' includes different concepts and methods for creating movement
12. The concept of humour, banality, intimacy is a focal point in "people doing moves"
13. 'people doing moves' tries to push boundaries and body conventions
14. 'people doing moves' deals with what an individual body can do: recognize movements, interpret their relevance and intention
15. People themselves become the result of design and at the same time a designer
16. 'people doing moves' can be fragmented narratives
17. 'people doing moves' can overcome an alienation of art from humans - or vice versa
18. Furthermore, the intention is to rethink and expand our object-subject relationships of bodies in our everyday life and environment
19. Which "normal" or "abnormal" ideas and ways of moving our bodies apply in everyday life
20. How do I perform my character in everyday life?
21. people doing moves should function as a motivation and inspiration, more consciously moves through everyday life.
22. 'people doing moves' means learning, learning and learning
23. 'people doing moves' is change.
24. Divert your body from its intended use.
25. 'people doing moves' is what people are gonna make out of it.
26. 'people doing moves' can be a starting point of a conscious mental state.
27. 'people doing moves' can be fragmented narratives
28. 'people doing moves' can be fragmented fictions
29. 'people doing moves' abstracts and reflects gestures and expression
30. 'people doing moves' can adopt different perspectives on the order of signs
31. 'people doing moves' can move symbols
32. 'people doing moves' can deal with social coding
33. 'people doing moves' can exemplify values
34. 'people doing moves' is body positivity.
35. 'people doing moves' tries to free common everyday things from their unreflected usage environment or banal insignificance and to bring them into the space of abnormalities
36. 'people doing moves' can be independent of techniques of certain styles
37. 'people doing moves' tries to support equal opportunities by recognizing every advantage and disadvantage of anatomy and physicality.
38. 'people doing moves' tries to take the following perspective: If this is not anatomically possible for me, I have endless possibilities to abstract this movement and load it with another intention.
39. 'people doing moves' tries to enable people to be at the same time autonomous and relational, self-empowered and empathic, connected to themselves and a larger whole; and to bring this knowledge and experience to society.
40. 'people doing moves' tries to relate more consciously to the social and natural environment.
41. 'people doing moves' tries to show the diversity of perspectives, advantages and limits of somatic methods.
42. 'people doing moves' is perceiving, reacting, trying and error, correcting and repeating.

43. 'people doing moves' is a way to approach dance.
44. ...

1. 'people doing moves' is not ...

---

If you have any further ideas for the PROPOSITION list, please share them with us.

[mail@peopledoingmoves.com](mailto:mail@peopledoingmoves.com)

<https://www.instagram.com/people.doing.moves/>