

Caution Tape Dance Template in 5 movements

A structured improvisation

from Cynthia Winton-Henry, InterPlay

This public dance relies on strong improvisational leadership to hold the space, call people into it, and move people through the simple processes with as few words as possible. It is helpful to prepare some participants in advance and give them roles. Versions of it have been done at public and private events with up to 1000 people. It fulfills a need for people to dance on behalf of the issues of violence, notice the level of our own suspicion and caution and offer movements of connection among those willing to reweave the web of community.

Needed:

A large roll of caution tape from a hardware store.

Singer, Flute, Drum, Bell, Amplified Music, or Poetry.

Names of victims can be incorporated.



Movement One: Admission

A leader or a group unrolls caution tape through the people encouraging the audience to grab on (during music or poetry or a bell).

“We admit we live in a web of caution, struggling against violence and rage.”



Movement Two: Confession

Tighten and lift the tape to view the tension. Dancers may dance along and around the lines.



Movement Three: Intercession

“Violence hurts us all. We lower the tape and stand together in silence (with music.) bearing witness to the harm done.”

Dancers may move into shape and stillness dancing on behalf of victims.



Movement Four: Reassurance

Never underestimate the bodies need for reassurance. We begin by connecting to one another.

Dancers make contact or engage hand to hand connection to music poetry, flute.



Movement Five: Dreaming of throwing caution to the wind

If desirable, small groups can lift dancers and move them through the space to music or a song to demand and dream of a world safe for every female, every child, every man and boy.

Invite people to point up in the air and sing

I'm going to lift my sister up she's not heavy
I'm gonna lift my sister up she's not heavy
I'm gonna lift my sister up she's not heavy
If I don't lift her up.
If I don't lift her up.
If I don't lift her up.
She will fall down.

Dancers may gather caution tape, toss, play and dance away with the tape if appropriate to drums or percussion.

