

100 STEPS IN STEPS along the edges of your home

by Katrinem, May 2020

For 1 Person, preferably barefoot

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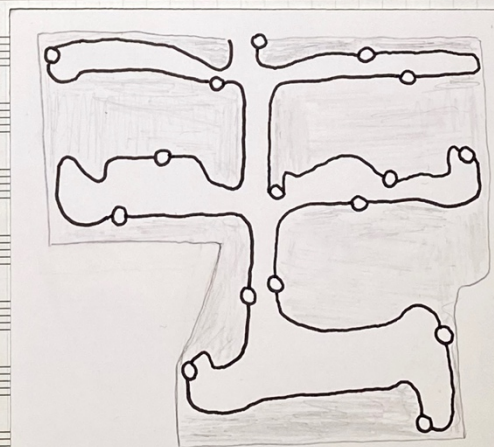
ENTRANCE DOOR

△ • NORMAL SIZE STEP

△ • SMALL SIZE STEP

○ ○ PAUSE + LISTEN

∴ OR ∴ STAND ON BOTH FEET



my space

This score is an invitation to rediscover the personal living space (your home). We have long since developed our habits where and how we move in our rooms, where we prefer to stand, sit, lie. *100 steps in steps* wants to bring new perspectives into your habitual behavior.

The score starts at the entrance door. Its design is to repeat at least once, if necessary as often until the starting point (entrance door) is passed once.

Follow the course of the wall on your right side, whether it leads you into a new room, upstairs or downstairs. Windows and doors to the outside are breathing holes for light and air and do not change the path. Stay inside!

The score is played barefoot or - if necessary - with socks to feel the ground in its materiality, temperature, and flatness.

Choose a tempo so that the rhythm remains the same, even with different step lengths.

Each walking phase of 10 steps follows an equally long phase of standing with both feet firmly on the ground. The gaze remains just as still as the body; only the ears open wide.

Then draw the shape of the path you have walked and emphasize the spots where you have stopped.

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