

Abbreviated version of Score - Wei (成为) in connection (心连心 xin lian xin)

Welcome to our project called Wei 成为 and our online version - In connection with you 心连心 .

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We're glad you're here to dance with us.

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Before we begin, find a place where you can move around safely and with enough light to see.

If you'd like, you could also change into your fav outfit to dance with us. If you do....hit pause, go change and come back. We'll be waiting right here !

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Throughout your improvisation dance you can gather inspiration from the dancer on screen if you choose but don't feel the need to focus on them too much.

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The instructions are sometimes nonsensical, abstract, absurd, or seemingly impossible. Interpret and solve them without stopping the dance. Go with your instincts. There are no wrong choices.

- Yvonne Ng

The Score

Choose a place in your space to start. Go to it.

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Begin dancing with a messy/noisy body.

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Without stopping, choose a body part. Go with your first thought.

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With your chosen body part, follow the movement of the dancer's head and allow the rest of your body to follow along.

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Now leave that behind. Move to the edge of your camera frame and transform into a dance of “no touching”.

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If you're not already, move your dance up and down along a vertical axis.

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Become a windmill.

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Allow your windmill to transform throughout different parts of your body. Playing with tempo.

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Freeze! Enjoy the stillness.

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In your stillness try to recall all that you've created.

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As much as you can, loop back, repeating the memories that you've created up to this point, even if it's only one or two things. Do it quickly - Go!

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Leave that behind and move in unison with the dancer.

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Now create a dance that moves along the horizontal axis.

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Let this horizontal dance move you from one edge of your camera frame to the other.

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Let your horizontal axis dance transform into a wild free dance.

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In the next 30 seconds, find your ending.