

## KADAMATI

### Written Guide to the Choreography

A step-by-step guide to the movement, to be used with the Tutorial Films, including:

- introductory notes from Akram Khan
- themes of the choreography □
- section breakdowns with time codes for the music track.
- [www.akramkhancompany.net/kadamati/edinburgh/](http://www.akramkhancompany.net/kadamati/edinburgh/)

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## The Choreography

The choreography was created in 2015 with the aim of being performed by a large group of people in an iconic, outdoor location. It should show the connectedness between all dancers and the growth in momentum, size and energy to fill the vast open space, reflecting Nitin Sawhney's epic music score.

Whilst there will be variations in the choreography, everyone should learn the same variation set out in the written and video tutorials, unless otherwise instructed by my team.

In the choreography, I've explored a number of themes and ideas including: - Identity, journey and migration - Connection, human ritual and spirituality - Hope, aspiration and achievement

They are introduced at the beginning of each section of the tutorial films. In understanding the ideas behind the creation of the movement, I hope that you will be able to use your personal experiences to express them through your body, and, eventually, find connection with your fellow dancers on the day.

## How to use the tutorial films

The choreography is split into six sections. At the beginning of each one, the title, themes, timings for the music track and counts for the movement are given. You're then taken through each movement step by step.

The tutorial films are **not** mirrored. Follow the instructions of the audio-commentary or the text on screen. This means that if you dance whilst watching the films, you'll be moving in the opposite direction to the dancer on screen.

You can view these films online or download them to view offline on your own computer. There is a detailed written guide to the choreography for you to download, that has been created along side these tutorial films, and a quick reference 'cheat sheet' to help you learn and so that you shouldn't need to refer to the films whilst rehearsing. The audio- commentary and on-screen instructions are both given in greater detail within the written guide.

## **Mass Rehearsals**

In order to put the whole dance together, it is essential that you learn the full choreography beforehand to get the most out of the Mass Rehearsals. Our rehearsal directors Jennifer Irons and Jose Agudo will work with you to help you with any questions or problems that you might have encountered whilst learning and create alternative variations that are specific to your needs.

By the end of the Mass Rehearsals, you should feel confident that you would be able to rehearse on your own until the Dress Rehearsal and Performance.

Finally, I am very much looking forward to working with all of you to present the work!

A handwritten signature in black ink, appearing to read 'Akram Khan', written in a cursive style.

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**Akram Khan**

Choreographer, Kadamati

**Section 1: Sky**

**Themes: Aspiration, Awakening and a sense of connection.**

**PRE-SET, then 8 bars of 8 counts, approximately 1 minute 4 seconds**

**Music 0:00 - 1:04 seconds.**

<b>Movement</b>	<b>Counts and Music</b>
<p>PRE-SET - kneeling, sitting or standing, with the right hand resting on the left and the focus is down.</p> <p>Breath 1 - unfurl the arms to the sky, sharply, breath out and look up all in one count. Palms face down and fingers together.</p> <p>Breath 2 - arch back, anchoring the wrists and using the abdominals to support the spine.</p> <p>Breath 3 - wrists sharply close in with the arms slowly making a giant hug shape. Melt back down to PRE-SET position.</p>	<p>PRESS PLAY TO START 0:00 – 0:21</p> <p>NO COUNTS, each movement happens after 7 seconds</p>
	<p><b>THE MUSIC STARTS HERE</b></p>
<p>HEAD – up to the sky down to the earth, own timing</p> <p>RIPPLING – lead with chest and top of the spine, own timing finish down on the last bar of 8</p>	<p>0:22 – 1:04</p> <p>4 bars of 8 counts</p> <p>BEAT STARTS 4 bars of 8 counts</p>

## Section 2: Cleansing

Themes: Water, breath and rippling

8 bars of 8 counts, approximately 32 seconds

Music 1:05 - 1:37

Movement	Counts and Music
<p>4 body ripples of 8 counts</p> <ol style="list-style-type: none"><li>1. Up on 1 and down for 7 counts.</li><li>2. Up on 1 and down for 7 counts - elbows pull back counts 5, 6, 7, and 8.</li><li>3. Up and hands return to starting position on 1 and down for 7 counts.</li><li>4. Body extends fully upwards on 1 and down for 7 counts – hands open outwards.</li></ol>	<p>1:05 – 1:20</p> <p>4 bars of 8 counts</p>
<p>Continue rippling, adding the hands and arms like scooping water. This movement happens four times and builds in momentum, size and energy.</p> <ol style="list-style-type: none"><li>5. Reach and extend Up on 1, palms facing up, brush downwards over the face and body like running water for 7 counts.</li><li>6. Up on 1, cross right wrist in front of the left brush down for 7 counts.</li><li>7. DOUBLE TIME – repeat 5. Then right hand to face, left to shoulder, down for 3 counts.</li><li>8. DOUBLE TIME – Scoop to right diagonal, accent on count 1 and 5.</li></ol>	<p>1:21 – 1:37</p> <p>4 bars of 8 counts</p>

### Section 3: The Journey

Themes: travelling, endurance and resistance.

8 bars of 8 counts, approximately 32 seconds.

Music 1:38 - 2:10.

Movement	Music and Counts
<p>We begin to move up and out for the first time and the movement continues to increase in momentum, size and energy.</p> <p><b>Part one – Swinging</b> Continue scooping of section 2, the accents up are on the count of 1 and 5. The weight shifts out and to the left diagonal left each time you scoop.</p> <ol style="list-style-type: none"><li>1. 2 scoops to left diagonal NOTE: If you have been kneeling, bring you left foot up on the count of 1.</li><li>2. REPEAT 2 scoops BIGGER, on last swing bring right shoulder back to a slight twist. NOTE: if kneeling, raise right knee off the ground into a lunge.</li><li>3. 2 twists, right arm unfurling across left diagonal. NOTE: if kneeling, come all the way up to standing.</li><li>4. 2 twists, catch right fist with left hand</li></ol>	<p>1:38 – 1:53</p> <p>4 bars of 8 counts</p>

## **Part two – Running Body**

Same movement repeated 8 times with a slight shift in direction each time.

### **Movement**

Upper body folds over so that top of the back is the highest point and the eyes look down. Continue the rhythm and swinging we shift the body forwards on the left and back on the right with the arms swinging in opposition taking **4 COUNTS EACH**. This is repeated 8 times.

### **Direction - The Clock**

1. Swing out to 9 o'clock and back
2. Swing out to 10 o'clock and back
3. Swing out to 11 o'clock and back
4. Swing out to 12 o'clock and back
5. Swing out to 1 o'clock and back
6. Swing out to 2 o'clock and back
7. Swing out to 3 o'clock and back – SHIFT BACK TO FRONT
8. Swing out to 12 o'clock and back, finish with arms overhead

1:54 – 2:10

8 bars of 4 counts

NOTE: counted differently to the rest of the piece







## **The Turns**

4 versions of the turns

Choose which version suits you and the individuals in your group best.

### **Version A**

In each cycle of the arms, you remain facing forwards.

### **Version B**

In each cycle of the arms, you make a  $\frac{1}{4}$  turn to your left on the count of 8.

### **Version C**

In the first cycle of the arms, you make a  $\frac{1}{4}$  turn to your left on the count of 8, exactly as in Version B. On the 2<sup>nd</sup> and 3<sup>rd</sup> cycles, you make  $\frac{1}{2}$  turns to the left for the first 3 arms, and a  $\frac{3}{4}$  turn on the last one.

### **Version D**

Combination of all 3. The first cycle remains facing forwards (A), then  $\frac{1}{4}$  turns, (B) then  $\frac{3}{4}$  turns (C).

### **BREAKDOWN OF $\frac{3}{4}$ TURNS (Version C and D)**

1. Step out on the right foot counts 1,2 and then do a  $\frac{1}{2}$  turn to the left
2. Repeat 3, 4 and  $\frac{1}{2}$  turn
3. Repeat 5, 6 and  $\frac{1}{2}$  turn
4. And on 7, 8 turn  $\frac{3}{4}$

Repeat that phrase again with starting facing the new direction 3 more times.

NOTE: on the  $\frac{3}{4}$  turns you will end up finishing facing the back. There is also a small change in the arms that they don't close on the end of the first bar of 8. Instead, they simply take 2 bars of 8 to get to the open position.

NOTE: To maintain your directions, make sure to spot where you are turning. If you are doing Version C, or D do not drop the head on the 3<sup>rd</sup> 8, maintain your spotting.

## Part 2 – THE DIAGONALS

Using the rhythm of 2 counts per turn, switch to either  $\frac{1}{4}$  or  $\frac{1}{2}$  turns as you choose. Step out on the count of 1, 3, 5, 7 with the right foot, and turn left on the counts of 2, 4, 6, 8. The important thing is that you face a diagonal corner on every second count and finish with the  $\frac{3}{4}$  turn to face back. NOTE: If you have done Version A of the turns, you can turn your body to face the front diagonals and finish to the front. There are 8 diagonals in this section.

The arms move in the cleansing sequence again from Section 2.

1. Counts 1, 2 hands reaching out in front of the body, turn
2. Counts 3, 4, hands reach further up, turn
3. Counts 5, 6 arms reach to their highest point, turn
4. Count 7 elbows bend, count 8 turn
5. Counts 1, 2 hands running down the head, turn
6. Counts 3, 4 hands run down shoulders, turn
7. Counts 5, 6 hands down torso, turn
8. Counts 7, 8 hands down the legs, turn

Repeat the arms and turns from Version C starting stage right taking 2 counts each

9. Counts 1, 2 arms out low and wide, turn
10. Counts 3, 4 arms wide up to shoulder height, turn
11. Counts 5, 6 right arm higher than left, turn
12. Count 7 **SHARP!**  $\frac{3}{4}$  turn to the back, hands grasp imaginary pole

NOTE: Again if you have been doing version A you stay facing the front.

3:18 – 3:30

2 bars of 8 counts

1 bar of 8 counts

## Section 6: Rising

Themes: recognition, identity and hope.

It consists of 21 bars of 8 counts, plus the reveal at the end.

The music begins at 3:31 and runs until the end of the music.

This section consists of 3 parts that include:

1. Stomping and gestures – 8 bars of 8 counts
2. Moving Mask – 9 bars of 8 counts
3. The Reveal – 4 bars of 8 counts all together and then in your own time until the end of the music

Movement	Music and Counts
<p><b>Part 1 – Stomping and Gestures</b></p> <ol style="list-style-type: none"><li>1. Facing the back, breathe out and slightly contract the body on a pulse of every second count, hands on imaginary pole. NOTE: if you are facing front because you have done Version A then you continue to face front.</li><li>2. Continue breath out, hands float down to sides</li></ol> <p>Then 4 bars of stomping that travel us to a new position. <b>NOTE:</b> At this stage we do not know which direction you will travel. This will be decided for the first mass rehearsal. The idea is that you will spread out, so those who are very mobile will travel the furthest, those who are seated or less mobile will travel the least.</p> <ol style="list-style-type: none"><li>3. Feet start to stomp with the right heel on the ‘AND’ count and the left foot on the main beat. So it goes AND 1 AND 2 AND 3 AND 4 and we continue this rhythm for 4 bars of 8 counts, arms stay by your sides</li><li>4. Arms start to reach down and away, right arm coming above our head</li><li>5. Start to turn over left shoulder to face front</li><li>6. Lower the right arm in front of the left hand which floats up to the heart to stop SHARP! on the count of 6</li><li>7. Left leg slides back into a lunge, right hand reaches up over the head, palm facing outwards and left floats down to the side</li></ol>	<p>3:31 – 4:04</p> <p>8 bars of 8 counts</p>

<p>8. Count of 1, right hand closes sharp into a fist and flicks to face the palm inwards. Pivot to back stage left diagonal for counts 2, 3, 4 and 5. Count 6 the left hand reaches up, then open to the sky on 7. Close over the fist on 'AND' and then sharp pull both arms into the chest and twist towards the right front diagonal for 8. Land on count of 1 with the left hand in a mask on the face.</p>	
<p><b>Part 2 – The Moving Mask</b>  <b>9 bars of 8, with head leading each bar starting on the right each time and growing in size, momentum and energy</b></p> <ol style="list-style-type: none"> <li>1. Head leads out to right diagonal 1, 2, rock back 3, 4, REPEAT</li> <li>2. Heads turns to side and leads by snaking to right diagonal 1, 2, snake left 3, 4, REPEAT</li> <li>3. Getting bigger REPEAT – feet start to move</li> <li>4. Getting bigger REPEAT – start to travel</li> <li>5. Getting bigger REPEAT – travel more</li> <li>6. Getting bigger REPEAT – Pivot on left side to left diagonal on count of 1</li> <li>7. Getting bigger REPEAT - Pivot on count of 1 to face out from the centre. NOTE: Your direction will depend on where you are in the performance space. This will be confirmed at the mass rehearsal.</li> <li>8. Getting bigger, right arm swings behind the body accent down on <b>1</b>, 2, circle over right side to front of body 3, 4, right hand opens to side of head and heads leads with accent on 5, arch over the top 6, 7, continue to bottom on count of 8</li> <li>9. REPEAT 8. with the right arm</li> </ol>	<p>4:05 – 4:34</p> <p>9 bars of 8 counts</p>

**Part 3 – The Reveal**

1. – 4. Coming out of the over the head movement, catch the weight with the head on the count of 1 and we gradually reduce the snaking the count of 1 and reducing the movement and steps slowly to eventually just be the head snaking right to left 2 counts on each side with the steps getting smaller and smaller for at least 32 counts.

Find stillness in own time.

Push the left arm with the right hand up to the sky and follow with your focus to finish looking up.

4:43 – end of music

4 bars of 8 then in own time after 5:01 until end of the music

**Section 3a: The Journey**

**KNEELING LEFT SECTION – ONLY TO BE USED BY REQUEST**

**Themes: travelling, endurance and resistance.**

**8 bars of 8 counts, approximately 32 seconds.**

**Music 1:38 - 2:10.**

Do exactly as in section 3, but you do an extra bar of 8 counts doing the 2 scoops to the right, and you catch up to the rest of the cast at the 11 o'clock of the running body.	1:38 – 2:10 8 bars of 8 counts
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