Commoning Action #3: How to partner dance with the ground / Pendulum Dancing

1. Find a ditch. Invite someone to join you in performing this action.
2. Stand on one side of the ditch, facing the lower levelled ground.
3. Allow your body to lean forwards.
4. When you feel you are about to loose balance, run across to the other side of the ditch come to a stand still.
5. Stand for a moment longer. If you can’t, having not found your balance, step backwards to where you came from and repeat.
6. Turn around and repeat steps 3 to 5 sensing where the other person is and what their timing is. Get into a rhythm doing this - falling, catching yourself, turning again - like a pendulum swinging out, coming to a standstill, and swinging out again.
7. Start varying the synchronisation of your paces - moving together, accelerating, decelerating, breaking your rhythm, finding a new one - while moving freely across the ditch. Your dancing is a playful dialogue between two pendulums.