



# Turn Your F<sup>^</sup>\*king Head: Deborah Hay's Solo Performance Commissioning Project

*Deborah Hay, Becky Edmunds*

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In August 2012, twenty dance artists from eleven countries spent ten days at the Findhorn Community Foundation, Scotland, to be coached in the performance of a solo they had each commissioned from renowned choreographer Deborah Hay.

Hay's innovative Solo Performance Commissioning Project (SPCP) instils a transformative and rigorous daily practice that stimulates and enriches each individual's approach to performance and choreography. In particular Hay urges artists to be sensitive to the entirety of the space within which they're moving, to "unfix" themselves from their habitual, forward-facing modes of perception. This process then engenders twenty unique solo adaptations of the work.

Independent Dance commissioned filmmaker Becky Edmunds to document the journey of the group as they learned the solo "Dynamic". The resulting film brilliantly captures the process by which Hay transmits the same solo dance to twenty individuals, and unveils the experiences, insights, and questions that inform the work and artistic practice.

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