

JIMMY
ROBERT

:

AKIMBO

①

Mirror
Movements

②

Small & Large

③

Opposites

① JIMMY ROBERT & MIRROR MOVEMENTS

• JIMMY ROBERT is interested in what you can see and what is hidden.

Who is the performer and who are the audience?



- This activity is about MOVEMENT and STAYING CONNECTED to another person without touching but by Copying the actions that you can see.
- Think about moving your whole body from a waggle of a foot to a wiggle of a finger or a twitch of your nose

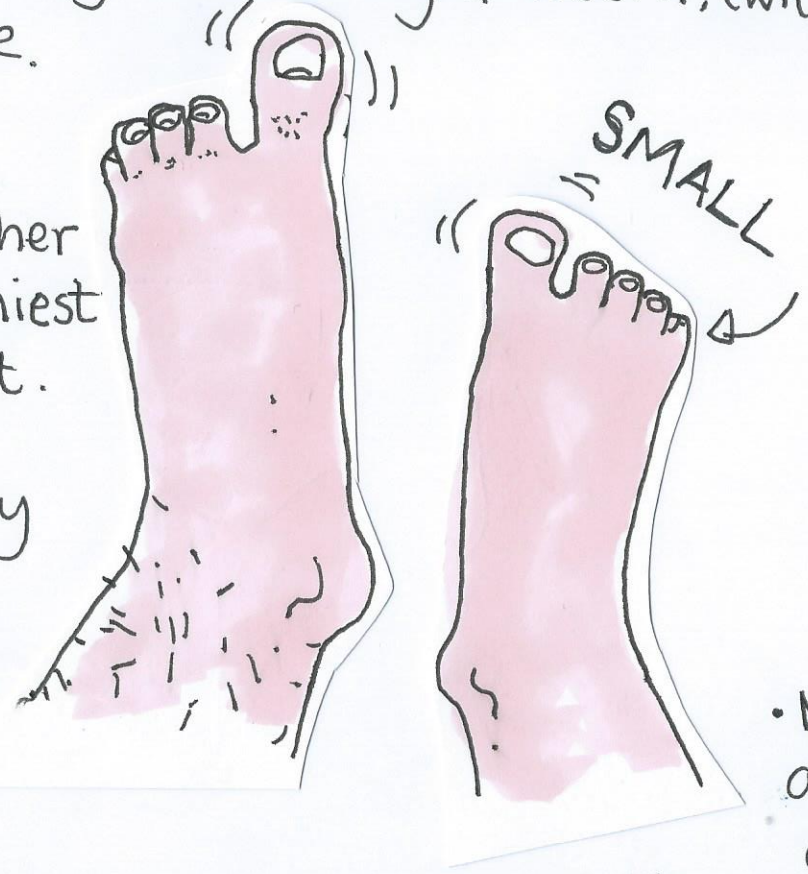
- Choose someone to stand in front of and decide who is going to be the audience.
- The performer slowly thinks about their movements and gently starts to move around the space, copy the performers movements, mirror their actions.
- Think about big movements and little tiny changes that you might not see at first. A scrunch of an eye and a lift of a finger to a long stretch or graceful bend.
- REMEMBER you are working TOGETHER and it is not about tricking your partner into missing a movement but connecting together so you start to MOVE AS ONE without touching.

② JIMMY ROBERT
↳ SMALL AND LARGE

• Thinking about the activity Mirror Movements and the idea of Mirroring, what would happen if you concentrated on mirroring the smallest movements, rotating your big toe, flaring a nostril, twitching your calf muscle.

• Work with another to create the tiniest Mirror Movement.

• Does anybody notice?



• Now it's about the LARGEST Movements you can do.
A complicated dance move?
A roll or Jump?

• Make your Movements powerful and large, moving around indoor and outdoor spaces.

③ JIMMY ROBERT OPPOSITES

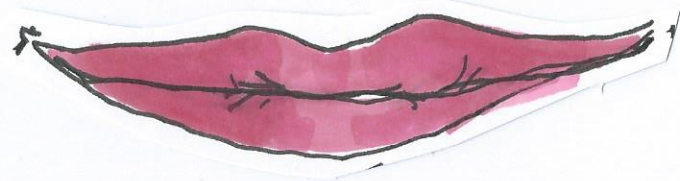
- Mirror and copy each other's movements and gestures but in the opposite way.



- It is not about tricking your partner but about moving together.

- Mirror movements rely on working together and copying what you see. This time think about the direction of each movement your partner does.

- If your partner moves their head to the right, you move your head to the left. If they take a step forward, you take a step back.



- Think about BIG movements turning into little movements.
- Try opposite emotions, angry face mirrored into a happy face.
- A scream into a whisper.