

Breathing, Beating, Blinking for Large Ensemble -- Flute/Piccolo
Adam Overton

Movement # 1

Loud (fff) and Violent

(Approx. 1:30 - 2:30)

(♩ = Pulse)

Piccolo, Oboe, Clarinet, Trumpet - [Pulse, Blinks]

Pick a Tone of Significance from among the highest and loudest that are possible to be played.

Repeat each of the following rhythms in sync with your Pulse on your Tone of Significance, moving back and forth between the rhythms (left-to-right, then right-to-left) whenever you Blink:

||: 1/4 Notes :||: 1/4 Note Triplets :||: 1/8 Notes :||: 1/4 Note Triplets :||: 1/4 Notes :|| etc

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Movement # 2

Sparse, As Softly As Possible (ppp)

(Approx. 3-4:00)

(♩ = Pulse)

Everyone - [Breath, Blinks, Pulse]

Get into pairs with a performer that is near you and check their pulse either on the neck or the wrist, whichever is most comfortable (note that the neck may be more visually interesting, though more tiring to maintain). If there is an odd number of players, then the Conductor should check his or her own Pulse.

Choose a Number of Significance between 60 and 80.

Count your partner's Pulse up to that significant number, always resetting back to 1 once you've reached the top.

Monkey Mind Action: If you lose track of what count you're on while checking your partner's Pulse, make a short, staccato coughing sound, and then resume counting where you think you may have left off.

Stare into your partner's eyes for the duration of the movement, and alternate between the following instructions whenever your partner Blinks:

- Inhale quickly and audibly through the nose
- Exhale quickly and audibly through the mouth

(Try not to breath on your partner)

Do not make these breathing sounds while you are in the middle of executing your Tone of Significance (see below).

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Individual Instruction

Piccolo, Oboe, Clarinet, Trumpet - [Pulse]

Choose a Tone of Significance that is playable while checking your pulse.

On each Pulse Count of 1, lightly fade in and then out of your Significant Tone for a duration of approximately 8 pulses. Repeat this until the conductor cues you to stop.

Movement # 3

Softly (*p*) and Evenly

(Approx. 3-4:00)

(♩ = Pulse)

Everyone - Stop checking your partner's pulse, and instead look across the way to stare into the eyes of a different performer, watching for each other's Blinking. If there is an odd number of players, then the Conductor should observe his or her own Blinks.

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Individual Instructions

Flute, Oboe, Clarinet, Trumpet - [Breath, Blinks]

Choose a Tone of Significance that feels neither too high nor too low.

Alternate the following with each new Complete Breath:

- just breathe through your instrument, with no tone
- play a very soft, breathy version of your significant tone

Breathe as naturally as possible through your instrument, in and out, audibly tonguing whenever your partner Blinks.

When playing your Significant Tone, always approach it with a short glide from the nearest tone above or below (please choose one method and stick to it).

Repeat this until the conductor indicates for you to stop with the bass drum.

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Movement # 4

In 3, Build

(Approx. 3-4:00)

(♩ = Pulse)

Everyone - Stop watching your partner and resume observing your own bodily processes. Watch for the conductor's cue to begin or halt your part. You may have to do this repeatedly. If your part directs you to choose a Tone of Significance, you may change this Tone of Significance each time you are turned off and then back on, though it is not necessary to change. All parts are to played at a dynamic level of around **mf** to **f**.

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Individual Instructions

Flute - Octave Runs [Blinks]

ONLY ON CUE FROM THE CONDUCTOR - BE PREPARED TO STOP AND START

Choose a Tone of Significance no higher than one octave below your highest note, and play it continuously.

On every 6th Blink, alternate the following:

- make a very quick (1/2-second or less) scalar or chromatic run up to the octave and hold it
- make a very quick scalar or chromatic run back down to your Significant Tone and hold it

Repeat this until the conductor indicates for you to stop.