

Instructions for Voices & Hands – Graham Wakefield, April 2003

For two groups of interpreters, instructed to perform with eyes closed, via distinct commands over headphones. Interpreters should have no prior acquaintance with the score.

Following is a transcription of the recorded instructions.

Time	Voice instructions for group 1	Voice instructions for group 2
00:00	Slowly close your eyes. Breathe deeply. Keep your eyes closed throughout the piece.	Slowly close your eyes. Breathe deeply. Keep your eyes closed throughout the piece.
00:15	Imagine a note. Hum this note as long as you can. If you can't, just say 'shhh'. Begin softly, slowly becoming loud. If you run out of breath, stop. Begin now.	Imagine a note. Hum this note as long as you can. If you can't, just say 'shhh'. Begin softly, slowly becoming loud. If you run out of breath, stop. Begin now.
00:30	Stop. Pause for a breath. Imagine a note that could follow. Hum this note as long as you can. Begin now.	Stop. Pause for a breath. Imagine a note that could follow. Hum this note as long as you can. Begin now.
01:00	Stop. Hum again. Listen to the sound of the music. Imagine how it could become different.	Listen to the sound of your voice. Imagine how it could become different.
01:15	If the note can rise, let it rise once. Now, when you run out of breath, begin a new note,	If the note can fall, let it fall once. <i>[metronome fades in at 60 bpm]</i>

	chosen as before, and hold this note as long as you can.	Stop.
01:30		Listen to the metronome. Imagine a simple rhythmic pattern that can be clapped to this metronome.
		When I say now, quietly begin to clap this rhythm, with your hands, playing loudly as you breathe in, more quietly as you breathe out.
01:45	As you run out of breath, loudly take in a new breath, and begin again.	Now.
		If you make a mistake, don't worry, but keep on repeating this mistake.
02:00	Let your breathing get louder.	
		If you feel that you should change your rhythm, do so.
		Play loudly as you breathe in, more quietly as you breathe out
02:30	Concentrate on other people.	
	If you are humming the lowest note, become silent until I speak again.	If you feel that you should change your rhythm, do so.
	Gently become quieter.	
	<i>[metronome fades in at 90 bpm]</i>	Listen to the other players. Let your breathing get louder.
03:00	Listen to the metronome. Imagine a simple rhythmic pattern that can be clapped to this metronome.	
	When I say now, quietly begin to clap this rhythm, with your hands, playing loudly as you breathe in, more quietly as you breathe out.	

03:15	<p>Now.</p> <p>If you make a mistake, don't worry, but keep on repeating this mistake.</p>	<p>If you feel that you should change your rhythm, do so.</p>
03:30	<p>If you feel that you should change your rhythm, do so.</p> <p>Keep playing as the metronome fades out.</p> <p><i>[metronome slowly fades away]</i></p>	<p>Listen to the sound of the music. Imagine how it could become different.</p> <p>Keep playing as the metronome fades out.</p> <p><i>[metronome slowly fades away]</i></p>
03:45	<p>Listen to the sound of the music. Imagine how it could become different.</p> <p>Play loudly as you breathe in, more quietly as you breathe out.</p>	<p>Gently become quieter.</p> <p>Listen to the sound of the music. Imagine how it could become different.</p>
04:00	<p>If you feel that you should change your rhythm, do so.</p>	<p>Imagine a note. Hum this note as long as you can. If you can't, just say 'shhh'.</p>
04:15	<p>Gently become quieter.</p> <p>Listen to the sound of the music. Imagine how it could become different.</p>	<p>Begin softly, slowly becoming loud.</p> <p>Begin now.</p> <p>Imagine a note that could follow.</p>
04:30	<p>Gently become quieter.</p> <p>Imagine a note. Hum this note as long as you can. If you can't, just say 'shhh'.</p> <p>Begin softly, slowly becoming loud.</p> <p>Begin now.</p>	<p>As you run out of breath, loudly take in a new breath, and begin again.</p> <p>When you run out of breath, loudly breathe in, and hum again.</p>
05:00	<p>Imagine a note that could follow.</p>	<p>Let the note slide back to the pitch of the note before.</p>

	As you run out of breath, loudly take in a new breath, and begin again.	
	As you run out of breath, loudly take in a new breath, and begin again.	If you are humming the highest pitch, become silent until I speak again.
05:30	Listen to the sound of your voice. Imagine how it could become different.	Listen to the sound of your voice. Imagine how it could become different.
05:45	If the note can rise, let it rise once.	If the note can fall, let it fall once.
	If you are humming the highest pitch, become silent until I speak again.	If you are humming the highest pitch, become silent until I speak again.
06:00	If you are humming the highest pitch, become silent until I speak again.	If you are humming the highest pitch, become silent until I speak again.
06:15	Gently stop.	Gently stop.
	Pause, and breathe deeply.	Pause, and breathe deeply.
06:30	You may now open your eyes	You may now open your eyes