

## Fancy Walking

I closed the door.

Turned my back on it.

I'm standing in my room.

I lift my left leg straight it out, toes pointed outwards and the big toe inwards.

The big toe touches the wooden floor; foot follows now I shift my weight to my left leg.

I stretch out my right leg put it forward, toes pointed outwards, big toe pointed inwards. The big toe touches the wooden floor, toes follow, my foot follows. I shift my weight to the right foot. I stretch my left leg, toes pointed outwards big toe pointed inwards. I stretch it. Big toe touches the ground first half of the foot, my foot touches the ground.

I shift my weight to my left side and then I'm at the end of my room. *Come un gatto* - walk like a cat. I try to walk like a cat, I pace my small room "like a cat", always putting my toes first and then shifting the weight: This is not natural at all but I practise.

Now I straighten my left leg toes pointed slightly outwards big toe pointed slightly inwards. I feel how my foot turns in itself a bit, shifts, gets not straight, then: The left toe touches the wooden floor I'm ready to set both of my toes down and then my whole foot follows.

I can put. My weight. On. The left. Leg. Now.

Then - I remember my shoulders. I'm always thinking: I tend to tense them too much. I take a deep breath.

I take again a deep breath, I lift my shoulders, breathe out and let them fall. Are they straight enough? This must be good enough. Now. I'm ready for the next step.

I move my hips backwards but remaining straight up.

As. If. I. Would eat a dripping fruit and I don't want any of the juice to fall on my clothes.

In this hip position it is impossible to move your hips up or down you can only move forward and this is what I do now I straighten out. My. Left. Leg.

Toes pointed slightly outwards, big toe pointed slightly inwards.

My big toe touches the wooden floor.

Ready.

Ready to support my weight again, my whole. My toes follow, my whole foot follows. I lift my arms as if I want to hug someone: I'm there. It's a hug.

"You cannot take yourself back when you want to dance tango with someone. You have to be ready for this meeting of the two bodies which hug each other and move through the room."

So right now, I wonder if something which I'm practising for months in my room walking forwards walking backwards like a

cat, hips, shoulders, chin: Everything aligned. How this complex movement, so slow, can feel as if you're walking on clouds.

I'm still wondering how this is possible, but I know it is possible: "Tango is just fancy walking, you just walk forwards and backwards".

You do it a bit differently then you would walk normally, but essentially it is: Fancy walking.