

BRINGING IT ALL BACK IN BY FIONNUALA CONWAY, 2011

Items you will need for this piece:

- a portable recording device and batteries (if needed)
- an audio sequencer/multi-track software (e.g. Audacity)
- a print-out of this score
- depending on where you are, a warm coat, gloves, hat and scarf. An umbrella, perhaps.
- headphones

This piece is presented in 3 parts.

Bringing It All Back In - Part 1

You are going to make 4 audio recordings in an outdoor space, each of approximately 2 minutes duration. In each recording session, you will first have a listening session, followed by a short recording session.

In preparation for the piece:

- Gather the items above (you won't need the audio sequencer or headphones for this part).
- Journey to an outdoor space (This can be a park, your back garden, your balcony, as long as you are outdoors).

The piece

Once you are in the space, find somewhere to sit down and be comfortable. Place the audio recorder in front of you, close enough that you can easily access the controls.

Recording 1 Instructions:

Read the instructions here for Recording 1 session and when you are ready, proceed.

You are going to make a 2-minute (approximate) recording.

1. Turn on the recorder.
2. Close your eyes and over approximately 2 minutes, be still and listen.
3. During this time, take a breath in and let it out for twice as long.
4. Smile in your mind and listen to the space. Repeat the breathing pattern for as long as you wish.
5. Let the audio recorder keep running.
6. When it feels like 2 minutes are up, you can open your eyes and stop the recording.

Take a short break. Remain in the same place and check that you are still comfortable. Get ready for Recording 2.

Recording 2 Instructions:

Read the instructions for Recording 2 session and when you are ready, proceed. This will also be a 2-minute (approximate) recording.

Preparation:

1. Close your eyes and over approximately 1 minute, be still and listen.
2. Listen for any sound that is on your body, coming from your body, caused by your body or the environment interacting with your body¹.
3. Establish the pattern of the sound occurrence: whether it is constant, repeating or occurring at irregular intervals.
4. Think about a sound/sounds/words that mimic/react/represent the sound, particularly ones that can be vocalised, verbalised or made using the body.
5. When you are ready, open your eyes.

Recording:

1. Turn on the recorder.
2. Close your eyes and over approximately 1-2 minutes, perform *with* the sound. Basing your performance on ideas you had in the preparation session, try as best to can to synchronise with the sound, as it occurs. You can use words, vocal sounds or sounds produced by the body.
3. Smile in your mind and enjoy the performance.
4. Let the audio recorder keep running.
5. When it feels like an appropriate (1-2 minutes) time is up, you can open your eyes and stop the recording.

Take a short break. Remain in the same place and check that you are still comfortable. Get ready for Recording 3.

¹ You can also listen with your imagination.

Recording 3:

Read the instructions for Recording 3 session and when you are ready, proceed. This will also be a 2-minute (approximate) recording.

Preparation:

1. Close your eyes and over approximately 1 minute, be still and listen.
2. Listen for any sound that is within a 12-foot radius of your body. It can be on your right or left, in front of you, behind or above you.
3. Establish the pattern of the sound occurrence: whether it is constant, repeating or occurring at irregular intervals.
4. Think about a sound/sounds/words that mimic/react/represent the sound.
5. When you are ready, open your eyes.

Recording:

1. Turn on the recorder.
2. Close your eyes and over approximately 1-2 minutes, perform with the sound. You can use words, vocal sounds or sounds produced by the body.
3. Smile in your mind and enjoy the performance.
4. Let the audio recorder keep running.
5. When it feels like an appropriate (1-2 minutes) time is up, you can open your eyes and stop the recording.

Take a short break. Remain in the same place and check that you are still comfortable. Get ready for the final recording, Recording 4.

Recording 4:

Read the instructions for Recording 4 session and when you are ready, proceed. This is a 2-minute (approximate) recording.

Preparation:

1. Close your eyes and over approximately 1 minute, be still and listen.
2. Listen for any sound that is far away from you. It should be a sound that you can not get to easily, one that would require more than 5 minutes of walking.
3. Establish the pattern of the sound occurrence: whether it is constant, repeating or occurring at irregular intervals.
4. Think about a sound/sounds/words that mimic/react/represent the sound.

Recording:

1. Turn on the recorder.
2. Close your eyes and over approximately 1-2 minutes, perform with the sound. You can use words, vocal sounds or sounds produced by the body.
3. Smile in your mind and enjoy the performance.
4. Let the audio recorder keep running.
5. When it feels like an appropriate (1-2 minutes) time is up, you can open your eyes and stop the recording.

Thank you. If you wish, you can repeat the piece, as many times as you care. When you are ready, you can leave the space.

Bringing It All Back In - Part 2

From your recording sessions, you will have 4 recordings, one from each session. [You may have repeated the piece (and thus created more than 1 set of recordings) so select the set of recordings that you prefer most].

You may wish to label each recording according to its performance – R1 (Recording 1), R2 (Recording 2) etc.

Arranging the piece:

1. In your audio sequencer/multi-track software, create 4 separate tracks (Track 1 - 4).
2. Place the recordings on the Timeline according to the following diagram.

Track 1				R2	R2				
Track 2			R3	R3		R3			
Track 3		R4	R4	R4			R4		
Track 4	R1	R1	R1	R1				R1	

3. In order to proceed with Part 3 of the piece, you will need to listen back to the recording in a different space. To make this easy for yourself, you may prefer to a) bring the machine with this file with you or b) transfer the file to a portable device e.g. an iPod.

Bringing It All Back In - Part 3

You are going to listen back to your piece in an indoor space.

In preparation for the piece:

- Get your headphones and audio playback device.
- Choose a quiet indoor space and make your way there.

The piece

1. Once you are in the space, find somewhere to sit down and be comfortable.
2. Put the headphones on and turn on your audio playback device.
3. Close your eyes.
4. Picture the outdoor location you were in. Think about the smells and colours and feel of the place.
5. Smile in your mind as you listen to the piece.