

Body Movement Parameters (BMP's)

from "Clock, Deck, and Movement"

(a modular poetic activities piece for five players)

1. palms slowly waking up
2. heels gently waking up
3. belly just waking, cranky
4. groin now awake, tingly
5. mid-upper back tensing, still drowsy
6. knees startled into readiness
7. shoulders sensitive to rhythms all around
8. forearm filling up with blood
9. ribcage expanding
10. lower torso lowering and rising at the same time
11. toes twitching, eyelids feeling it
12. thigh commanding whole body to be alert
13. temples waking up, neck tilts backwards in sympathy
14. jawbone loosening, finding its place in the skull
15. buttocks flexing, lips resolute
16. right side of torso wanting to rotate 180 degrees
17. left side of torso wanting to rotate 180 degrees
18. fingers 3-4-5 of left hand pulled by six different regions of the local galaxy cluster
19. left fist being tugged by forces emanating from the ground directly below
20. inside of elbow asserting its abilities
21. thumb being pulled by passing clouds
22. adams apple super-exposed to the unknown ahead
23. ten toes each wanting to dance to their own rhythm

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24. triceps urging on triceps
 25. index fingers calling forth hamstrings' abilities with help of eyes
 26. lower spine alerts upper spine of drooping head
 27. left side of neck induces right calf into a moving stillness
 28. entire front side of the body makes its presence known to entire back side of the body
 29. upper side of wrists speak their abilities to forehead eager to listen
 30. back of head reeling in scalp, nostrils opening
 31. left middle finger hearing a rush of urine redirected through left arm via right kidney of someone in the room
 32. right knee begins to breathe—finally
 33. tips of all ten fingers play-acting as ten stomachs contracting hungry but with no clear memory of food
 34. lungs lead top of the skull into polka-punk rhythm
 35. inside lining of stomach wills two outstretched invisible arms to embrace everyone in the room
 36. tongue and arch of foot agitated over lower groin's sudden contraction
 37. whole front of the body takes flight on its own with its own conception of "what's out there"
 38. back of the palms drawn to kidneys, kidneys aloof
 39. eyeballs retreating into skull for a refreshing swim in the lungs
 40. shoulder socket shocks pinky into heated struggle over who-the-hell-knows-what
 41. back of throat wakes up (peacefully)
 42. inner thighs struggle against dozing off
 43. ears detach and take flight in different directions, now