MIRRORS

Mirroring is often one of the first exercises improvisers learn and also, unfortunately, one of the first they discard. Mirroring is a fabulous connection device to get teams members working together. As players become more advanced expand mirroring into more adventurous territory rather than abandoning it as a beginner’s game.

**RULES:**

Partners stand facing each other . One player leads, the other mirrors (or imitates) the action simultaneously. Switch leaders upon moderator’s command without resetting physically.

**OBJECTIVES:**

To flex player’s ability to communicate through movement. To allow players to express impulses through movement.

**COMMENTS:**

Players who are leading should try to allow for impulses for the entire body, using levels and different speeds. Variety will allow for greater control and focus. There is no rule that states players have to be 2 feet from each other, nor is there a rule that states that the leader cannot, after a little warm-up, alternate speeds in order to create a better mental workout for their partner. Followers should always be one fraction of a step ahead in order to keep the movement simultaneous.

**ADAPTATIONS:**

**Follow the Follower**: Players start by alternating leaders on the command of a moderator until the moderator calls out “Follow the Follower.” Each player, in fractionally anticipating the other players moves, will amplify their partners unconscious movement until the chain reaction creates fully extended movement. **Mirror With Sound**: Players can add sound when they feel they are ready. Sound should be as varied as the movement.

FOLLOWING

The act of Following is the next step in the evolution of Mirroring. Partners need not face each other in Following, which allows for an even greater range of possibilities for movement when leading and a greater amount of interpretation when following. Through this work players can communicate and connect without the need for sound.

**RULES:**

Players, in partners, stand next to (not facing) each other. One player leads while the other player follows the action simultaneously. Upon the moderator’s command the leader and the follower switch.

**OBJECTIVES:**

To flex player’s ability to communicate through movement. To allow players to express impulses through movement. To allow players to explore the boundaries of simultaneous movement.

**COMMENTS:**

Players do not have to be two feet from each other, nor is it a rule that the follower must keep constant eye contact on (or with) the leader. In actual fact for the follower to get simultaneous movement they must anticipate the action instead of echoing the action. Be sure to play around with what it means to follow someone… Follow, create, enjoy!

**ADAPTATIONS:**

**Group Following (follow the leader)**: 1. One player is the leader the group follows. 2. Moderator calls for a switch in leadership. 3. Group finds new leader within group by following and amplifying first movements in group until one person is left leading.