



The residency at CC-Heidelberg for *What are my stories?*, within the Hebelhalle space, took place from the 1st till 15th of November 2021 and was the first residency in the development of this piece.

What are my stories? Is a solo work by and for me, Loïc Perela, choreographer and performer, and is the first solo work I embark on since a long time, since I usually create for groups of performers.

At the source of wanting to create and perform, was this:

I exist within a network of stories. Histories.

There are the narratives I am told, I tell myself, I inherit, I create, I question, I perpetuate. There are the narratives I do not know about, never heard of, never looked for, left to oblivion.

Whether it is the plenty-I-hear that constructs my reality or the unheard-of that feed my ignorance.

Whether it is the constant noise that drums the rhythms of my life or the silence that allows me to pay attention to what else may be.

I wonder.

What are my stories?

For this project I am interested in several things:

- Story telling: Telling stories with my body, with words, with songs, with sound. A patchwork of impressions whose owner we don't know about, or not clearly.
- The Body as an archive: What is my body storing? What are the dances that pour out of it, move it? What are the images that it stores and carries?
- The Body as a boombox: My body becomes a sound maker and is moved by its own drum so to say. The music it creates echoes beyond itself and goes back into it. The borders of the body blur, sound wise.
- Semiotics: The power of signs, the symbols that permeates through the piece and that are subtly influencing the experience of the viewer.
- The construction of a moment (which connects with the idea of telling a story), intertwined with the liveness of the event.. I create the body, imagery and sound on the spot. I like the transparency of that and the fact that it can still transcend us.



During **the first week** I hanged out with my thoughts, notes, post-its and body, and some days with artist and sound engineer João Polido.

The first days I set out several islands of exploration that had names like: Orchestra Body, Boobidiboo, Belly Button, Transforming Creature.

For each island I explored what the body needed doing and what would be the consequences sound-wise as well as visually.

I filmed many snippets of possibilities.

All the while, I was creating timelines of possible overall dramaturgies.

The second half of the first week I worked with João, he plugged all the needed equipment, we experimented with the loop-stations, speakers, mics and processed sounds.

The second week, when João was gone, the reality of my body as a boombox, as an archive and as a storyteller became more tangible as I could literally create my own soundtrack and let that feed me in return.

I developed, analysed and crafted further the islands I had so far and wanted to pursue.

Some texts became songs, some images became whole sections, some bodily moves became hours of composing and other initial ideas had to go.

The second half of the week became more focused on the presentation to come and what I felt would help me in my process but also be interesting for visitors to witness.

The whole experience felt like a gift.

Like a luxurious time around creation.

The studio and its vicinity with the apartment allowed for a seamless experience.

The sharing with visitors in the end gave the possibility to share some questions and personal interests, which turned out to be very useful for the continuation of the project.

Thank you Jai, Bernhard and Iván for giving me and my work this opportunity.