

Fade from black.

Instructions

First, before you do anything, find something closefitting to wear, preferably with a reptilian pattern – a snakeskin effect would be optimum, for it implies super-articulation, skeletally speaking.

Second, find a partner with the same limber skills as yourself and give him or her an outfit that matches your own, but of their size, if they are differently proportioned. It would be best if the two of you are of very similar sizes, however, so that at times your limbs may be indistinguishable from one another. And apparently crowds prefer you to be two women, so bear this in mind as well.

Then sit, facing your partner, who should also face you. With legs straight, rest back on your arms, raise your legs into 120-degree splits – your partner will be doing likewise. Overlap your legs with theirs. Arch your back, let your hair hang down, and point your chin upwards. Your partner will be mirroring you.

Sit upright and face the audience. Your partner will face away from the audience. Both swing your legs together and bend them, carrying the movement through until you are facing away from one another. Plant your legs straight down onto the floor and raise your lower back as you rest your hands on the floor, with straight arms, making a narrow bridge. Your partner will now be lying on her front with straight legs, her torso propped up on her hands so that her back is arched, like a closing parentheses.

Fling your head back, creating an impossible concave arch with your back. Your partner will undulate back to an upright position, then back down again, as if she were a serpent.

Hold your pose. Your partner, meanwhile, will be pulling her body up slowly into a stag, scissored-leg handstand. You should, as she holds this, move upright to kneeling, and start arching backwards.

Your partner will by now be performing her handstand right over your head, and will go over into a bridge, which she will hold. You, meanwhile, must keep arching backwards until you are in a kneeling version of the bridge, with your shoulders on the floor.

Now you should slide backwards, between the feet and hands of your partner, and pull yourself back up, with a sinewy sideways twist, to a kneeling position. Your partner will pull her torso upright and continue the movement forwards until her hands are on the floor.

Then you can pull up from the bridge and fall forwards to lie with your thighs on the floor, your torso propped up in a curve by straight arms. Your partner will also lie with her thighs along the floor, and her torso propped into a curve by her straight arms.

Then together, you should each pull your feet up to the back of your head and shuffle backwards until both your pairs of shins are touching. Then both reach backwards with the arm that is closest to the audience to grasp the upper arm of your partner. Your partner will do the same. Then you will both to the same again with your free arms.

Hold this spectacular position for as long as you can and wait for the applause.

Your partner will then straighten her legs along the floor, raise her arm that is nearest the audience and swing round to a sitting position. You should straighten your legs and turn round to face the audience, also in a sitting position.

Both of you must then bend your knees, wave the arm that is nearest the audience up and down as a fluid ornamentation, then on the second wave carry it on through to a backwards bridge, with the hand furthest from audience planted on the floor, then the other hand coming down to stabilise your position.

You should then both maintain these bridges, but dropping so that your forearms, rather than your hands, make contact with the floor. Both of you should then bring the leg furthest from the audience into a crook above the body, slowly lifting the other leg until it is horizontal. Look at each other as you perform these elbow stands. Then both unbend the upper leg and hold it on the vertical, while the second leg crooks into the downward vertical.

Hold this. This is good.

Then both of you should lower both legs to the floor into bridges. Pull up your upper bodies slowly to standing, with both arms in the air. Then both lower your arms and raise them again, while bending at knees and hip to crenelated the whole body, then relax to an upright position.

Then you must turn round and bend over from the waist. Your partner will step forward to fit her groin onto your behind. Sweep your arms fluidly and laterally while your partner bends her backwards until her back is impossibly arched and her hair hangs down onto her behind.

Both return to an upright position.

Your partner will then extend her arms upwards, and you must bend backwards until your back is impossibly arched and your hair hangs down onto your behind. Make as if

you are heading into a bridge, then surprise the audience by reaching your arms backwards to connect around your partner's waist.

Raise the leg that is nearest the audience. Your partner will reach forward with both her hands to grab your shin and hold it with her arm that is furthest from audience. She will perform a flourish horizontally upwards with the other.

Your partner will then bend backwards, pulling your foot off the floor, aiding you in performing the beginning of a backwards walkover. She will keep bending backwards into a bridge. You must balance on her waist and swing your legs round, from scissored stag to 120-degree straddle.

It is important that you now continue bending backwards to land straddled over your partner's torso, face down in her groin area.

Your partner may then collapse her bridge and lay flat on her back, at which point you must dismount, by rotating to a sitting position on the side that is furthest from audience.

Your partner will sit upright with a flourish of the arm that is furthest from audience, swing her legs under, though her arms, to rest on her hands and knees. You should rock back onto your backside, with your torso and legs pointing upwards. Perform a little ornamentation of the legs.

Your partner will then pull back to a stretching cat position before quickly shunting her torso forward, with her legs outstretched backwards on floor. Then she will touch the back of head with the foot nearest the audience. After this she will flex through to rest on her hands and knees, her back concave to thrust her backside into the air. You, at this point, must stand fully upright, turn to face the audience, then lean forward at the hips to smartly connect your hand with your partner's backside.

Your partner will toss hair and face the audience, which is the signal to place your hands on her backside and shoulders then raise your legs into a handstand with legs straddled akimbo.

Hold this for audience approval.

Dismount to side of your partner that is furthest from audience and perform the splits. Your partner will stand and perform a handstand walkover, through to standing.

Then swing the leg nearest the audience round, make a pike, with your behind on floor and your legs and torso pointing upwards, then part your legs wide and bring them back together, swing your legs round and stand. Your partner will undulate the full length of her body, crooking the knee nearest audience and letting her hair hang on to her

backside.

She will then bend forwards and place her hands and feet on the floor, her backside in the air. You should step to the side, away from audience, with your back to your partner, then bend over backwards, grasp your feet with your hands, while wrapping around your partner's torso like a lifebelt. Your partner will stand upright with you still wrapped around her.

Hold this. The audience will especially like this shape.

Your partner will then keep moving backwards into a bridge, with you still wrapped around her torso. You will find that you are now facing the audience, upright, and they will see that your hands are holding your feet at ear level.

Hold this. This is also a good moment.

Hopefully, your partner will then kindly lower her torso so that your stomach can reach the floor and you can disengage your hands and feet without a sudden drop. This will enable you to disentwine from one another. You must then lay on the floor, your torso propped up, curved, on your upper arms. Your partner, meanwhile, will raise herself to a sitting position and swivel until her back is to the audience, at which point you must roll over on to your back with your head to the audience. Your partner will lie beside you.

Next you must both point your legs upwards, then open your legs to a 180-degree splits, then bring them back up to the horizontal.

After this, both rock to a sitting position and turn inwards until you are both facing the audience. Then both lay along your sides, with one leg along floor, the other pulled back and held with your hand over your own head. Then both of you should bend the lower knee and grasp your own lower foot with your other hand and hold it at a right angle to the floor.

Hold this. It looks crazy.

Then both return to a sitting position, facing the audience. Together, plant both feet and your right hands on the floor, bend back into a bridge, bringing your left arms over with a flourish. Then both continue the already improbable bend of the back into an impossible curl, which will bring your heads to between your feet. Your faces will be upright. Regard the audience.

Hold while regarding the audience. Smile if you can.

Then both of you should lift your feet from the floor, over your heads and part your legs into a 180-degree straddle.

Hold this.

You must both then bring your feet back to floor either side of your heads and lift your torsos until you find yourselves back in a bridge. Both pull your head and arms upright to a standing position.

You will then turn clockwise by 270 degrees, so that you are side-on to the audience, with you behind your partner. Place the hand nearest the audience on your partner's head and pull it downwards so that she bends backwards through a bridge and until her chin and forearms are on the floor.

Lower your chest onto your partner's abdomen, place your hands on her elbows and pull your legs upright and on through into a bridge, with your chin on your partner's groin and your feet on her thighs.

Hold.

Raise your chin and chest from your partner's groin, and raise your feet from her thighs until you are performing a handstand with an impossibly curved back and with legs held horizontally.

Lower your chin, chest and feet onto your partner's groin and thighs and dismount from your handstand to a standing position, making sure to bend 90 degrees at the hip on the way through, making your backside prominent. Your partner will then extend her arms into a bridge, before relaxing to a sitting position.

You must then turn your back to the audience. Your partner will shuffle round in a sitting position until her back is to audience too. She will lie back on the floor, with her knees bent and then lift her feet. You should step behind her and turn to face the audience. Grasp your partner's feet and fling them out sideways into a 180-degree straddle.

The next step is very important. You must lower your whole body, place your groin over your partner's groin, place your feet and legs over her feet and legs, and lean forward to place your head onto her head. You must at this point become a mirror image of one another.

Hold this mirror image. It is what you have been building up to. You and your partner must become pure, unified form. Feel your singularity drain into hers. Keep holding this, draining, mirroring.

Then fade to black.

