# Height

*for* flute, piano, and speaker

Brooks Frederickson

## - Performance notes -

The musicians are to follow the speech rhythm the speaker.
The speaker is to keep an ear out for where the musicians are and pace their speaking to fit with their gestures.

## - Notation -

The cue-words are denoted by dashed lines that connect to a notehead or stave.
Dashed lines are also used to denote the ends of sounds.
Notes, or gestures, that are in boxes are to be repeated until indicated.
Indicated tempos are suggestions. Be close, but not exact.
Boxed numbers indicate the beginnings of phrases and can be used as rehearsal cues.

## - Text -

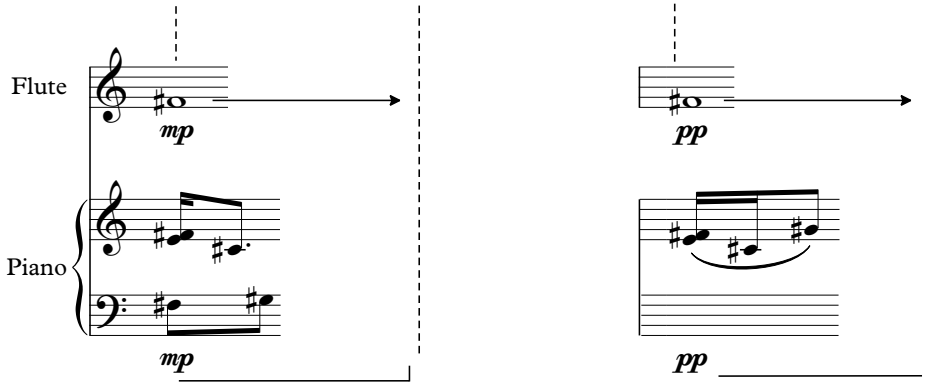
The text is by French poet Christophe Tarkos (1963-2004).
Height was written originally in French in 1996

# Height

Brooks Frederickson

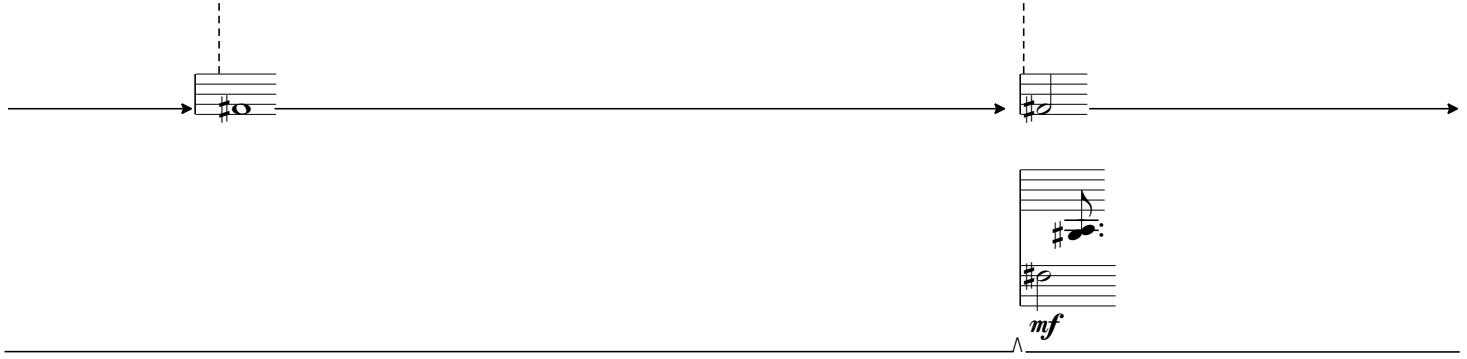
**1**

You look at yourself, you turn back, you can’t see yourself anymore,



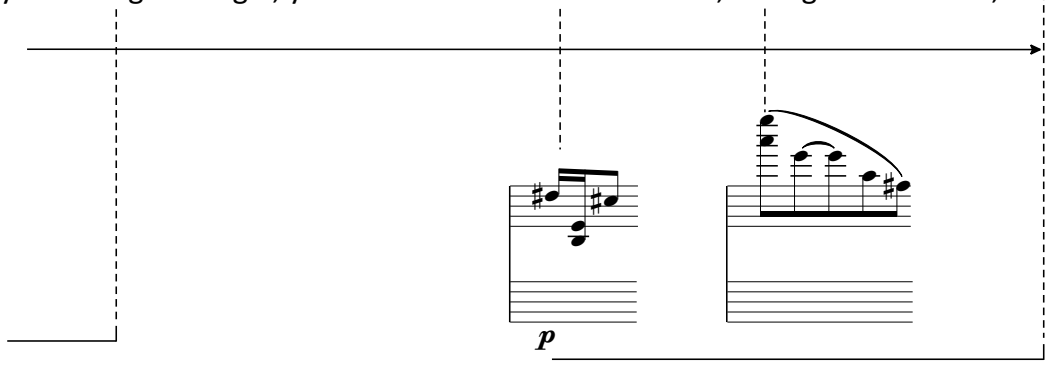

**2**

you lower your head, you throw your arm on your back, you reach back, you stretch, you are very long,



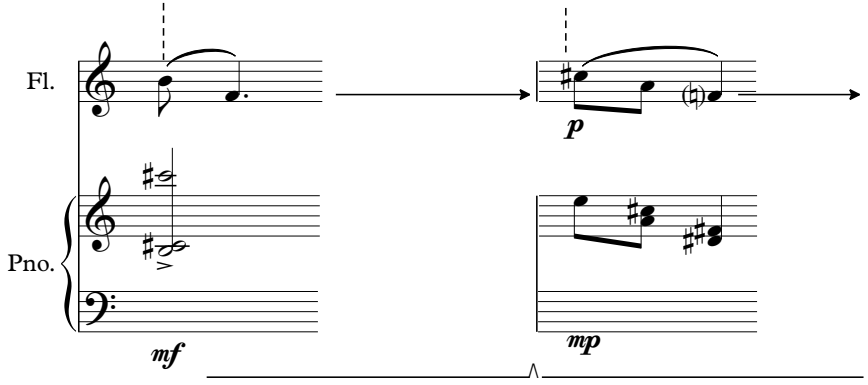
**3**

your arm gets longer, your arm measures 2 kilometers, it drags on the floor,

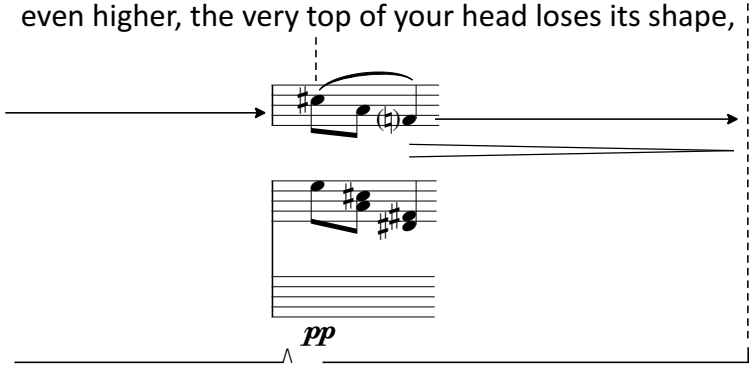



**4**

you lift your head up, chin up, the top of your head higher,

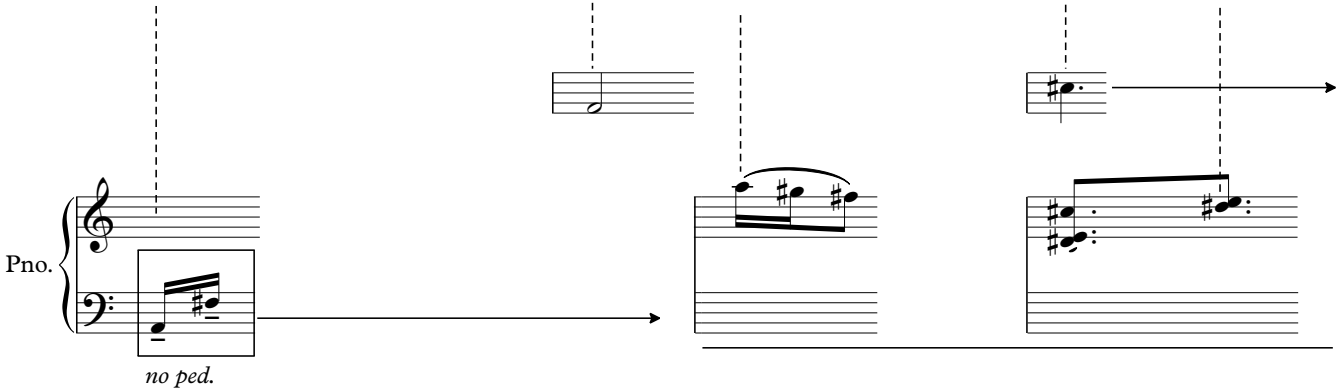



even higher, the very top of your head loses its shape,

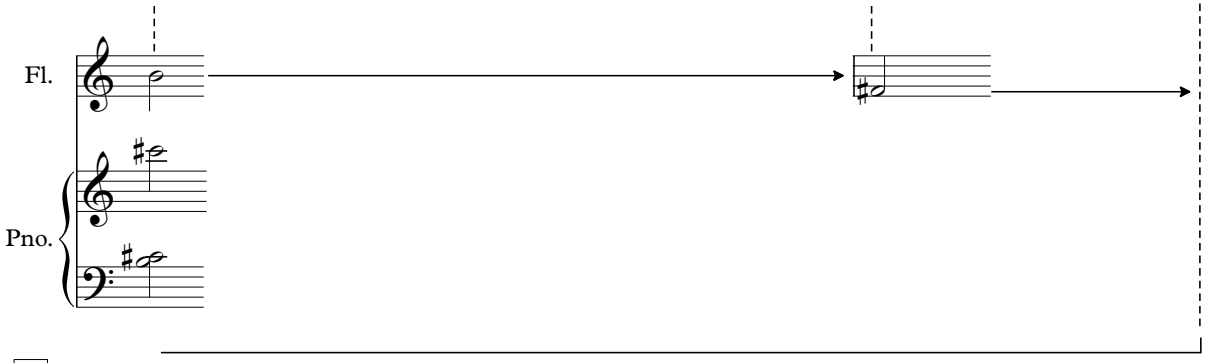


**5**

it lengthens and comes out of your head, it is light, pushes against the top of your skull,

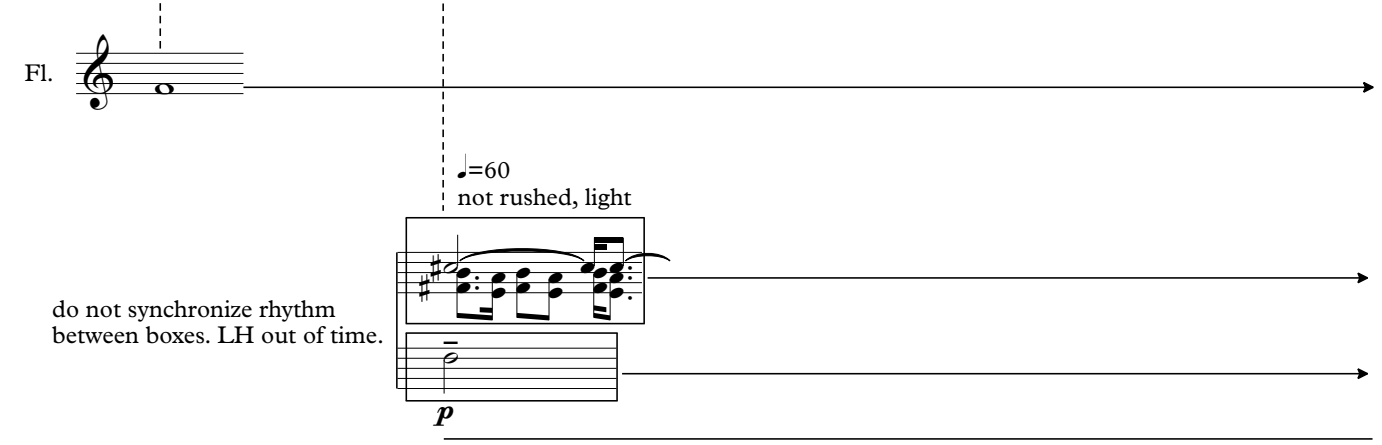



lifts up, grows taller, then softens and falls flat on your head, slightly toward the back,

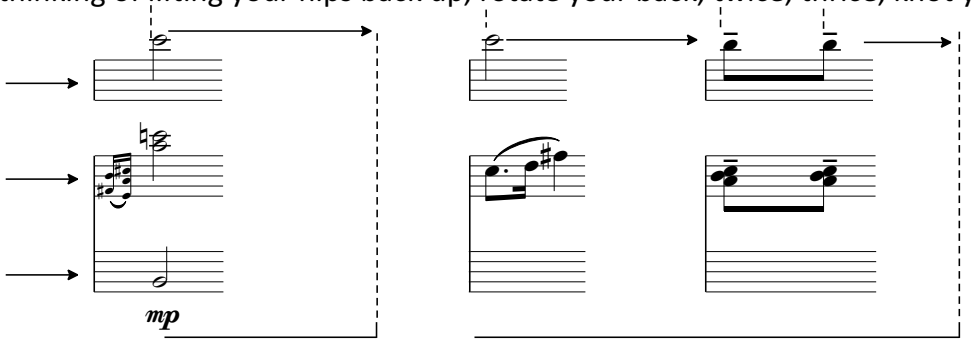



**6**

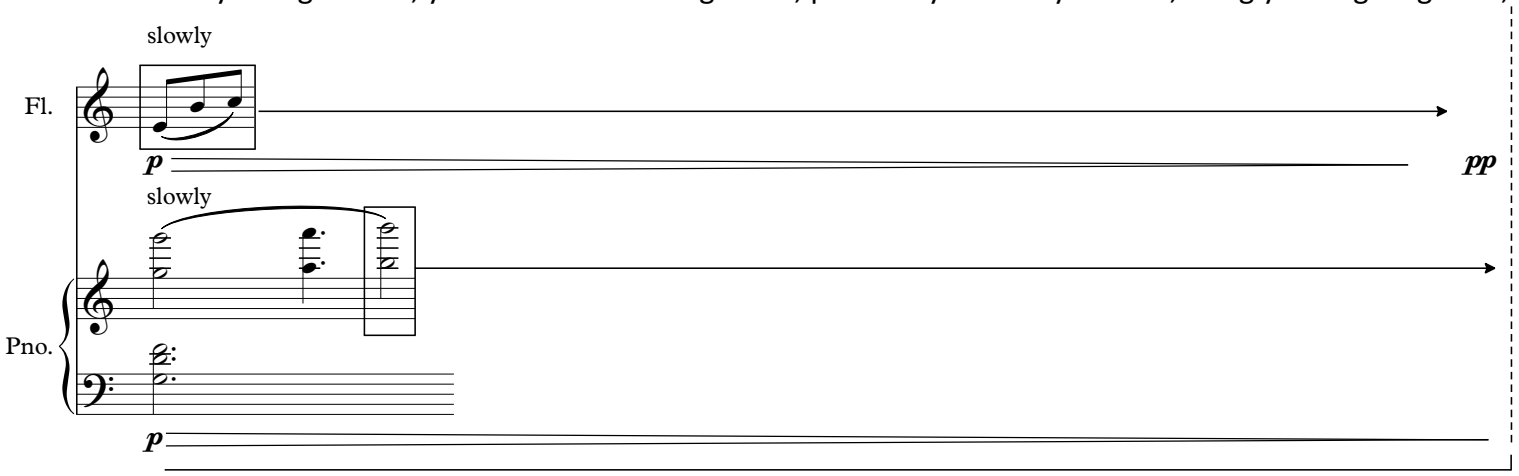
head high, take a deep breath, free your hand, release your upper back by dropping your hips,



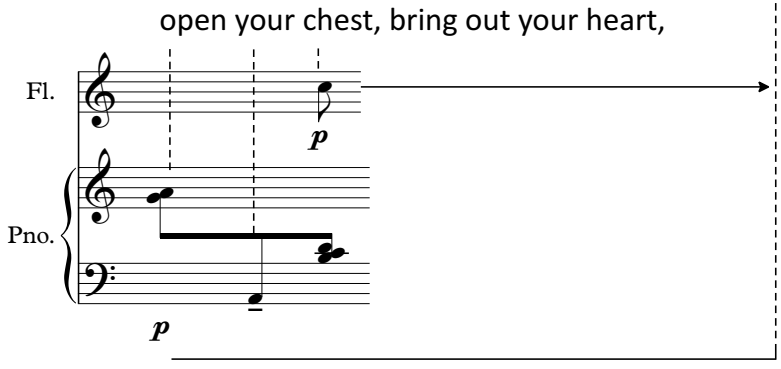
**7** thinking of lifting your hips back up, rotate your back, twice, thrice, knot your joints,




**8** untie your ligaments, your feet flat on the ground, pivot fully around your axis, bring your legs together,

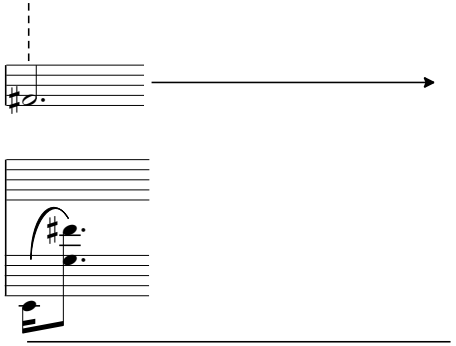



open your chest, bring out your heart,

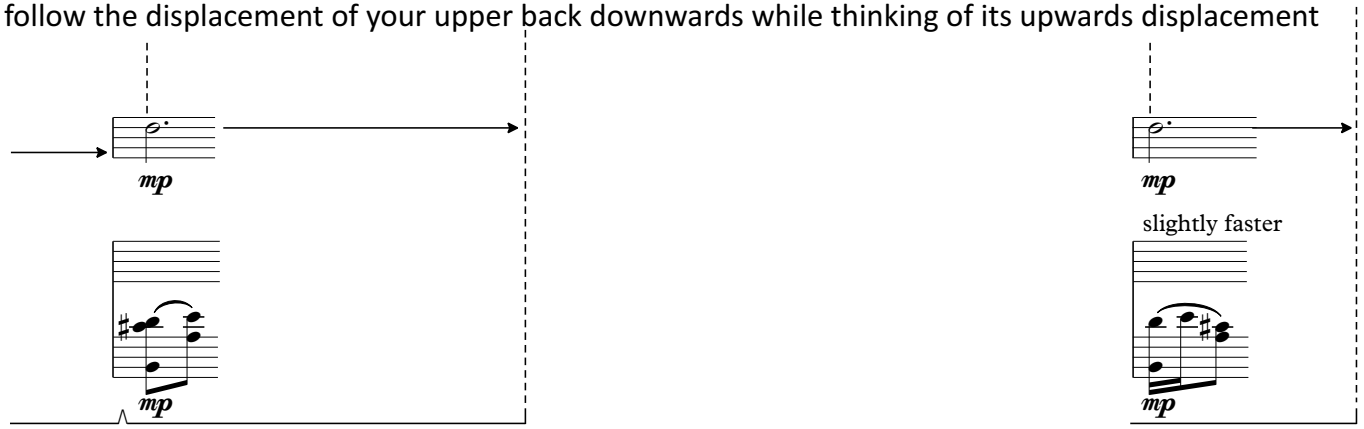


**9**

grab the back of your neck firmly, stretch it by several centimeters,

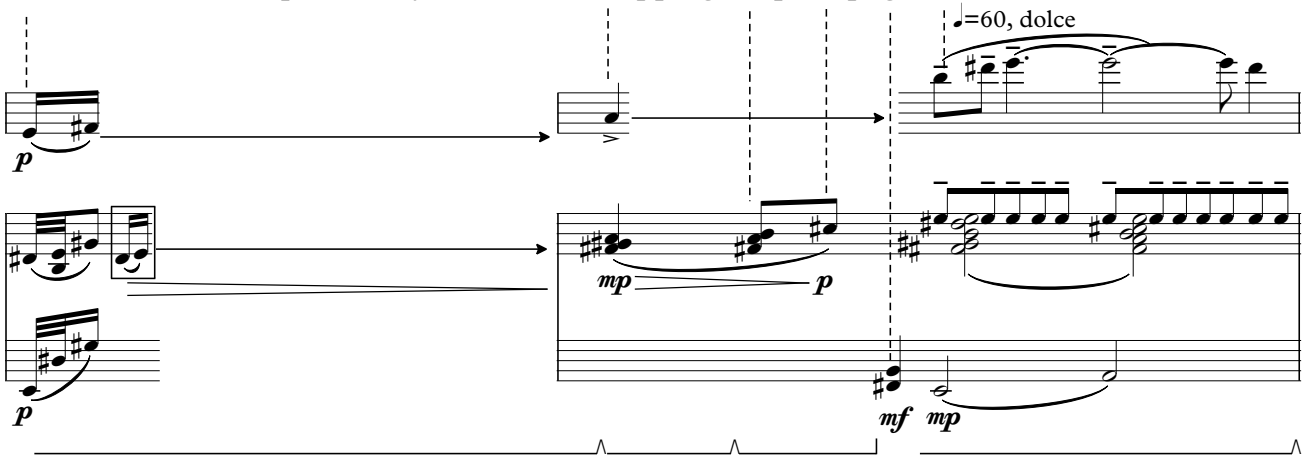


follow the displacement of your upper back downwards while thinking of its upwards displacement

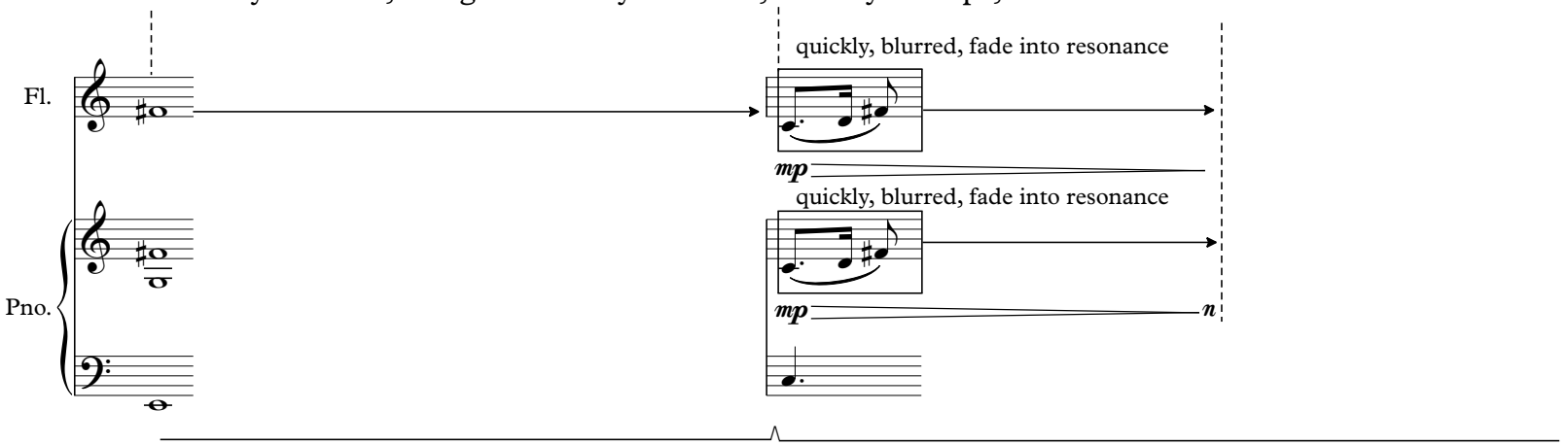



**10**

lower your knees as much as possible, your feet are skipping, skip, skip, go, *come back*,

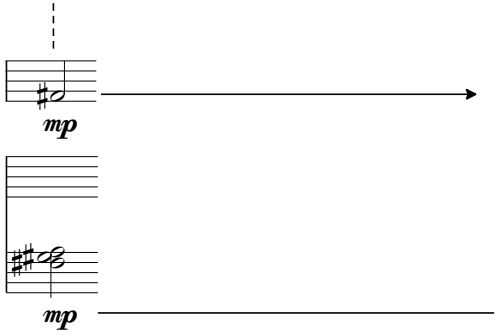


stretch your neck, bring it behind your chest, rotate your hips,

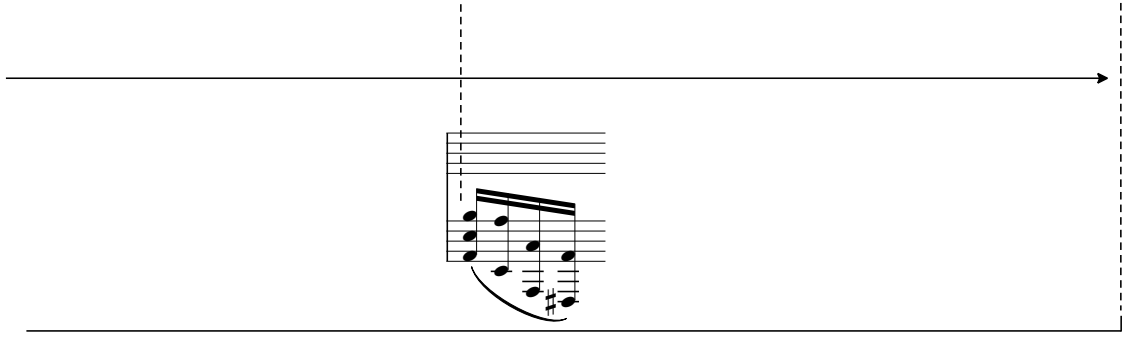



**11**

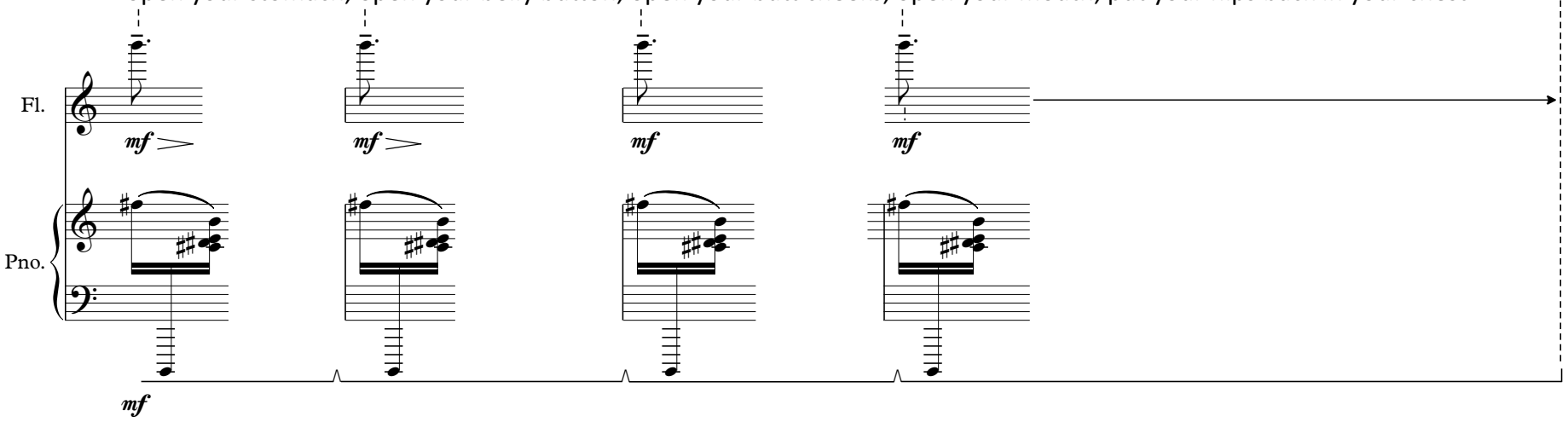
bring your back down further, backwards, move your hips further, stretch them out, they are heavy,



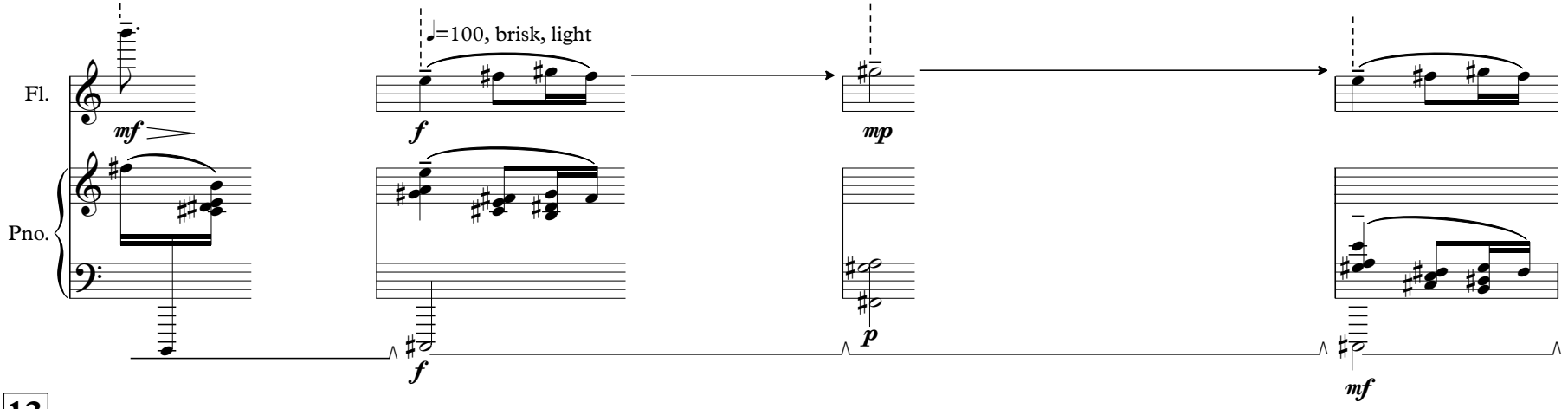

they are heavy, they spill onto the floor, they are huge, they are elastic, they open up



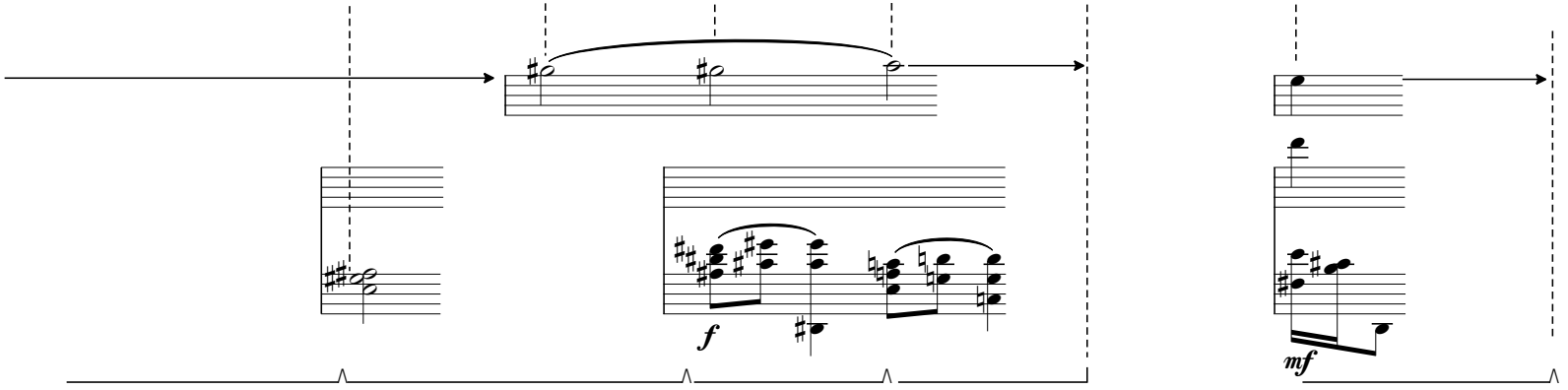
open your stomach, open your belly button, open your butt cheeks, open your mouth, put your hips back in your chest



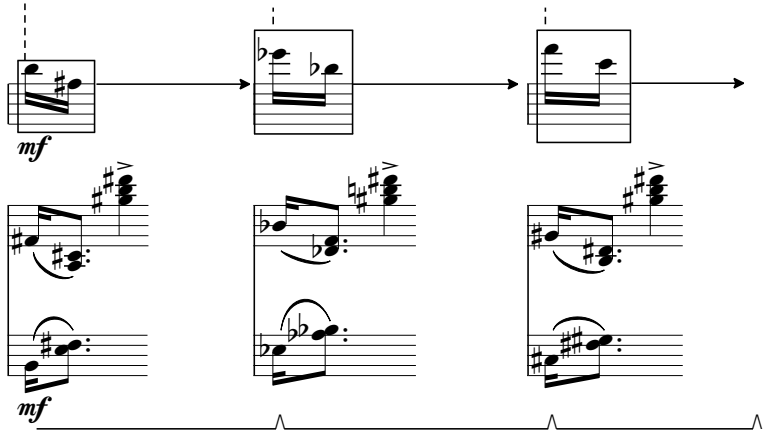

**12** open your chest, fill your lungs with the rest of your hips, open, stretch your hips, spread them inside your lungs,



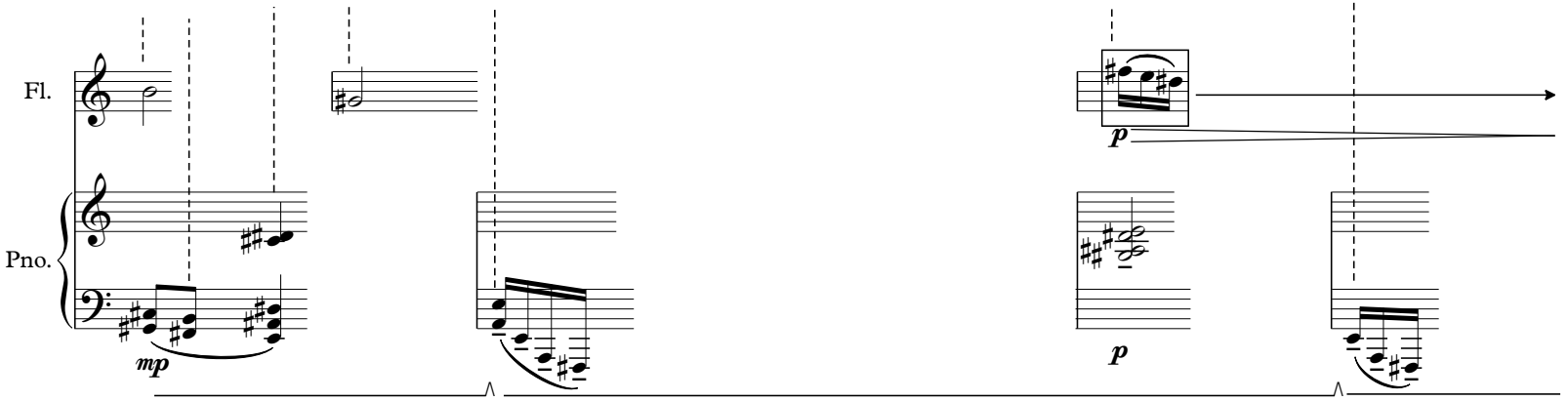

**13** *breathe* into the enlarged space of your twisted neck, twisted once, twisted twice, dislocate your elbow,



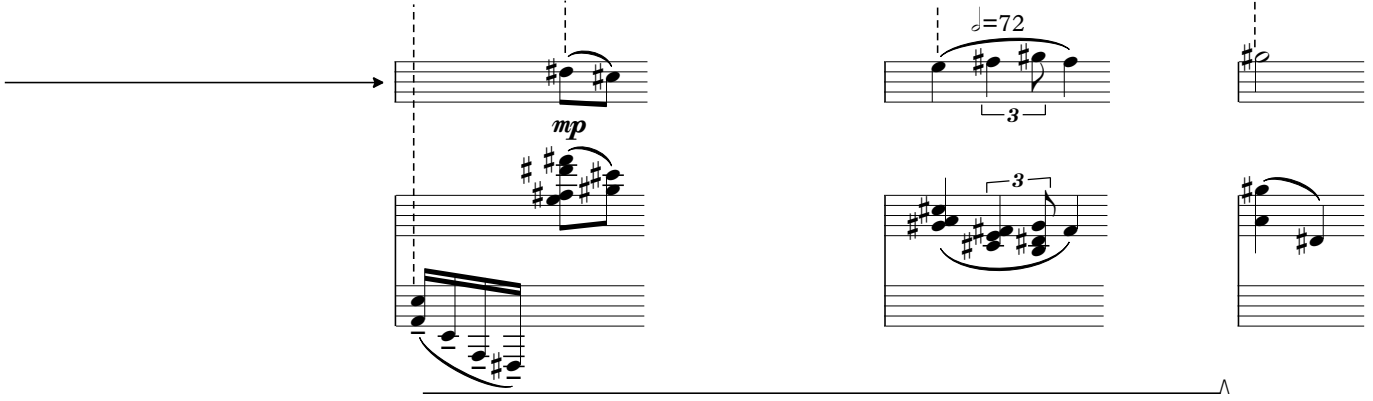
**14** untangle your fingers, leave your fingers, let them go, fingers go in all directions,



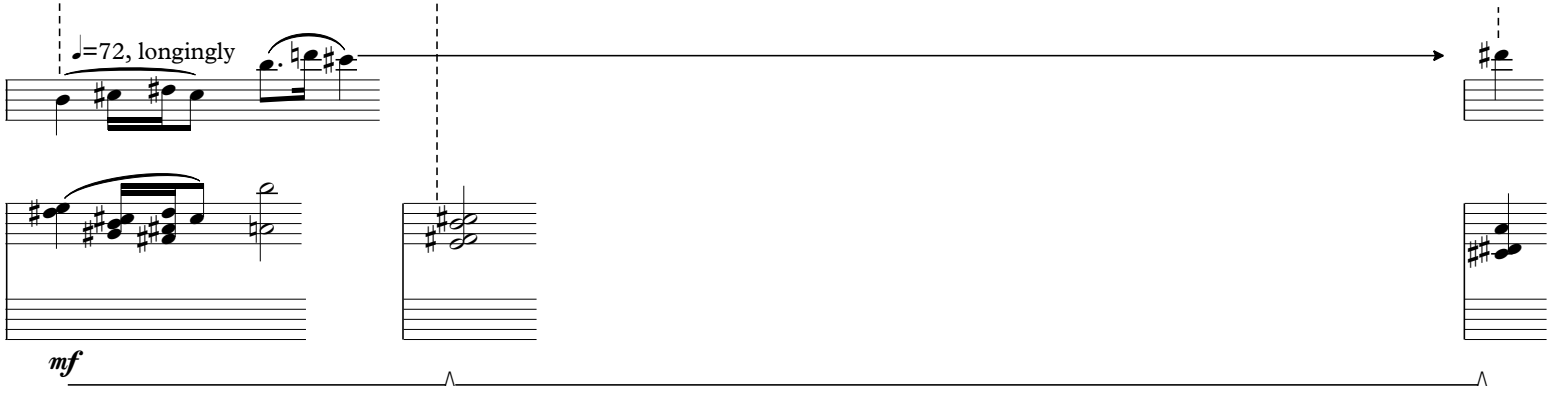

**15** let your back rest on the floor, arch your back, your back arches, your back rests on the floor, arches,



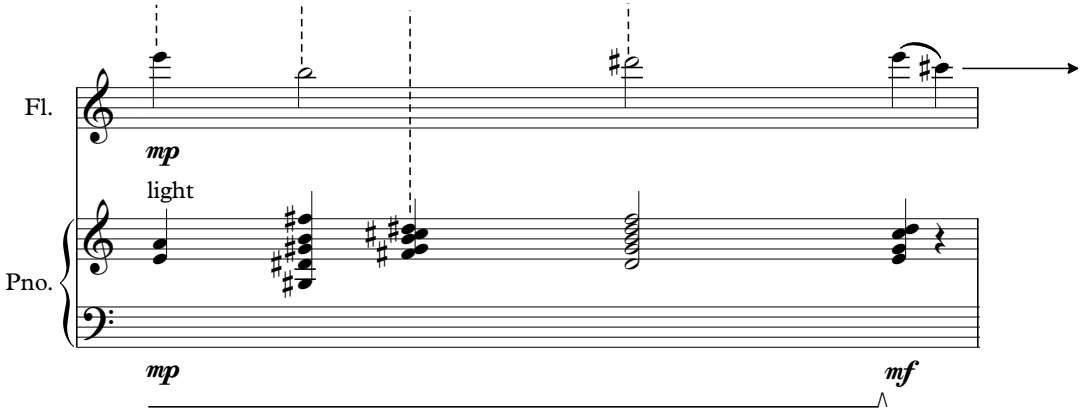

your extremities still touch the floor, your stomach goes through your lungs, the top of your skull, soft, dips into your neck,



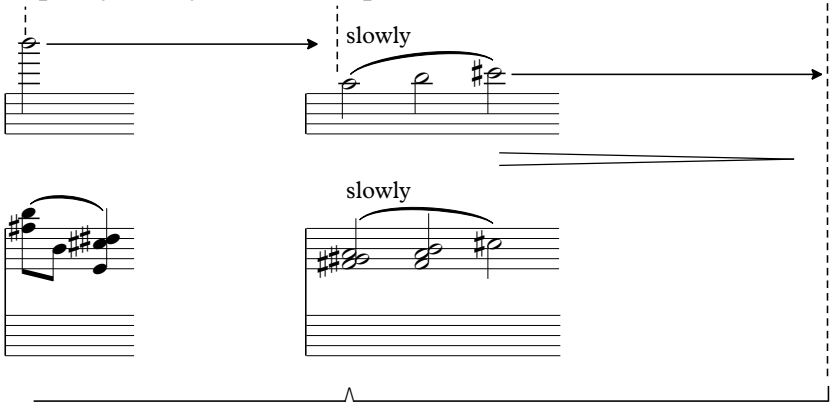
into your lungs, on your tongue, your fingers run along the holes, your hands slide through and out the other way and shake,




shake your fingers, fingers are free, shake them,



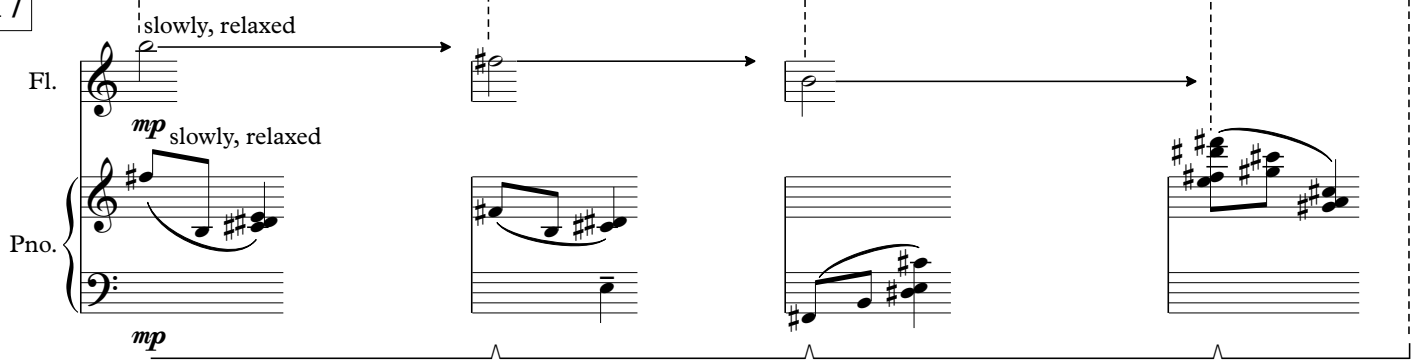

**16** lift your neck, head upright, feet up, open your eyes wide, skip,



10

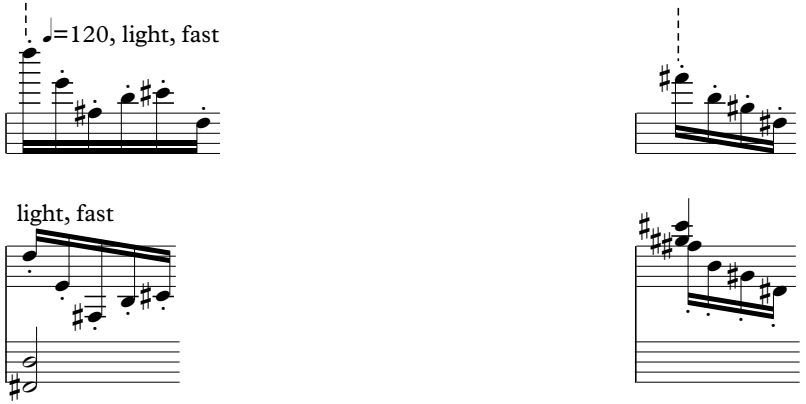
**17**

open your stomach wide, open your belly button, open your butt cheeks, the air goes through,

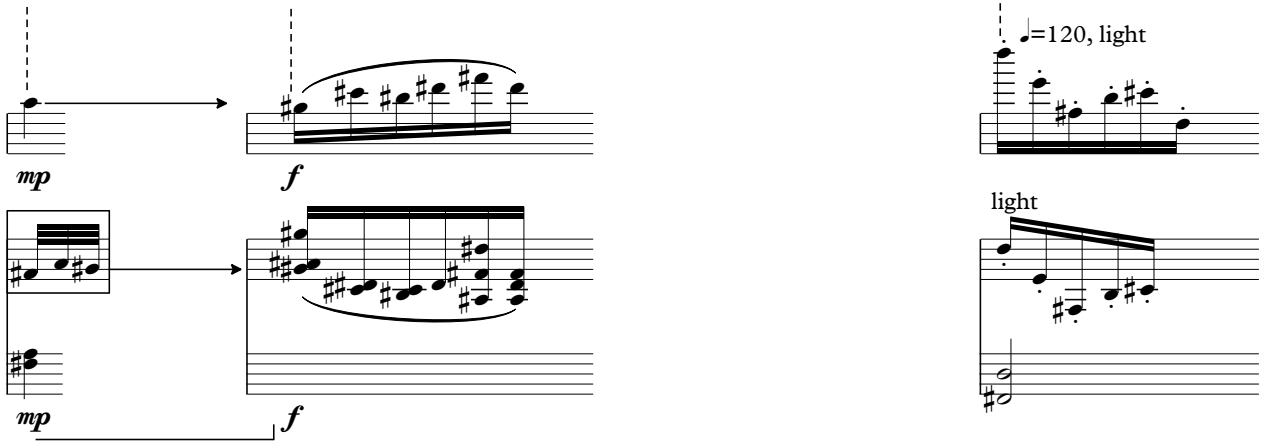



**18**

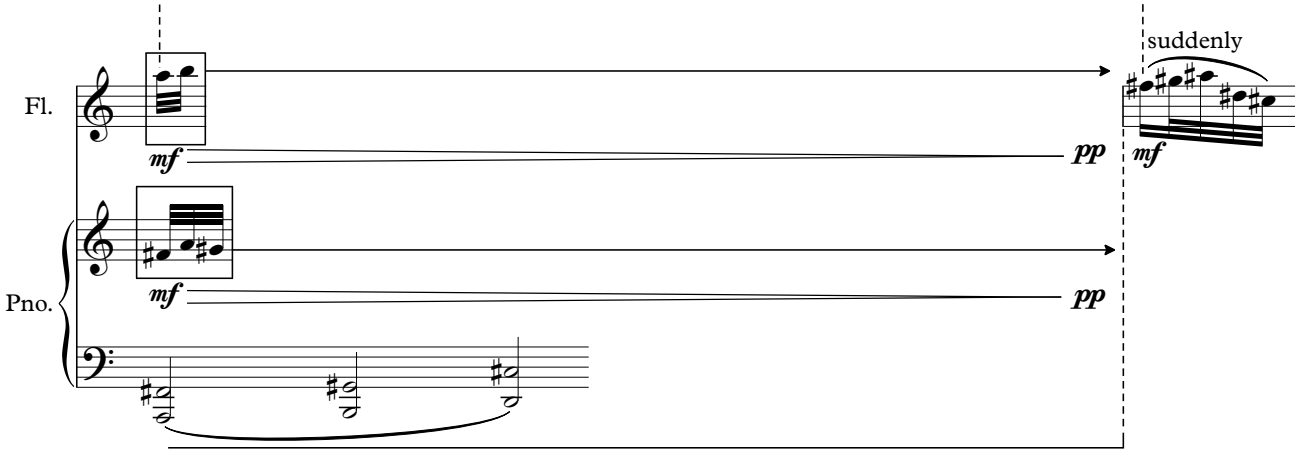
go around your chest with a dislocated elbow, turn around, let go, get away, free your fingers,



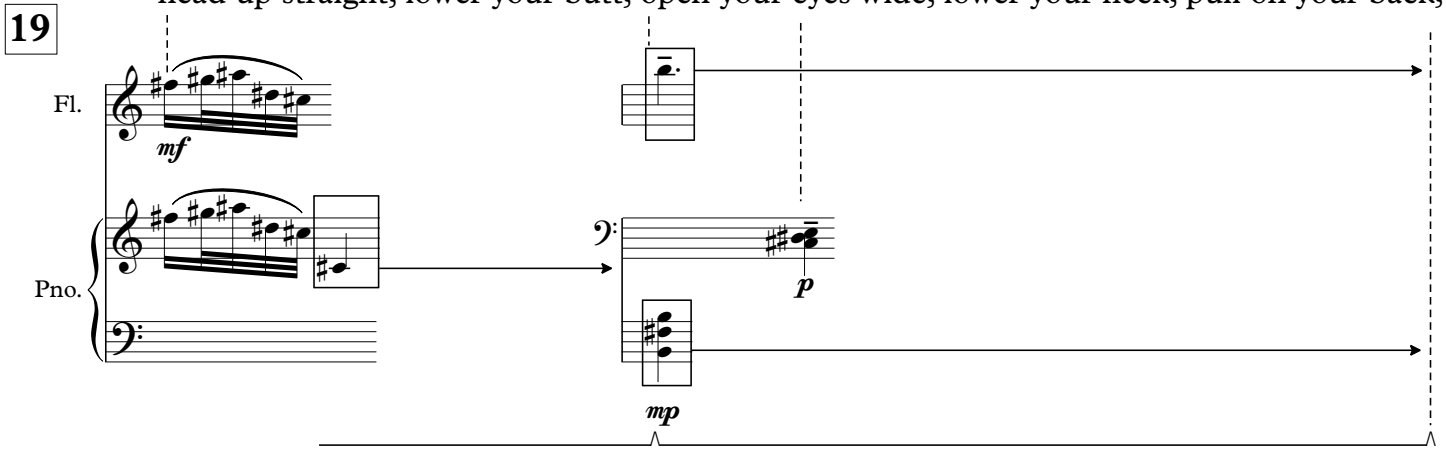

take hold of your neck, stretch it, don't be afraid of grabbing it tight, grab it with your elbows,



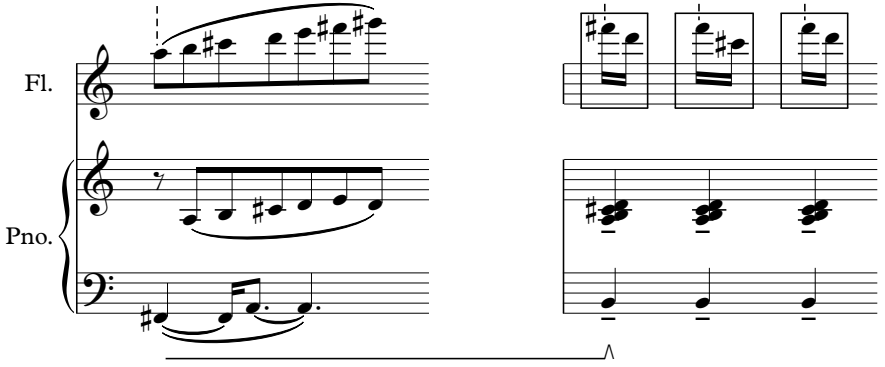
stretch, it must be as long as the arm, you'll reach it by lowering your head,



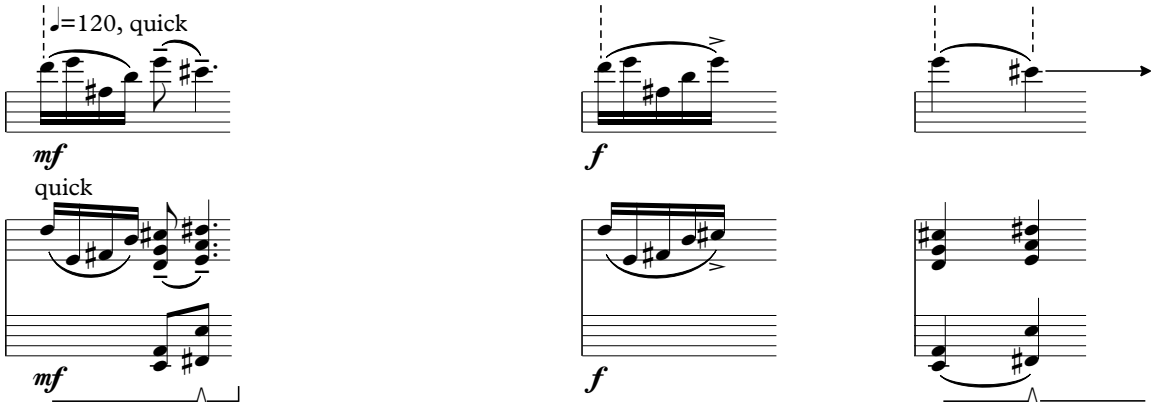

head up straight, lower your butt, open your eyes wide, lower your neck, pull on your back,



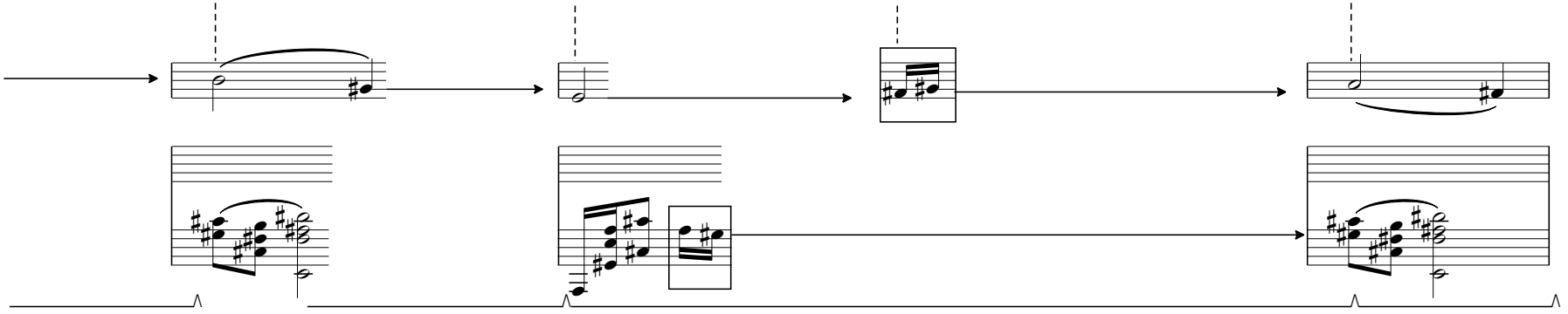

open your ass, turn your neck once, twice, thrice,



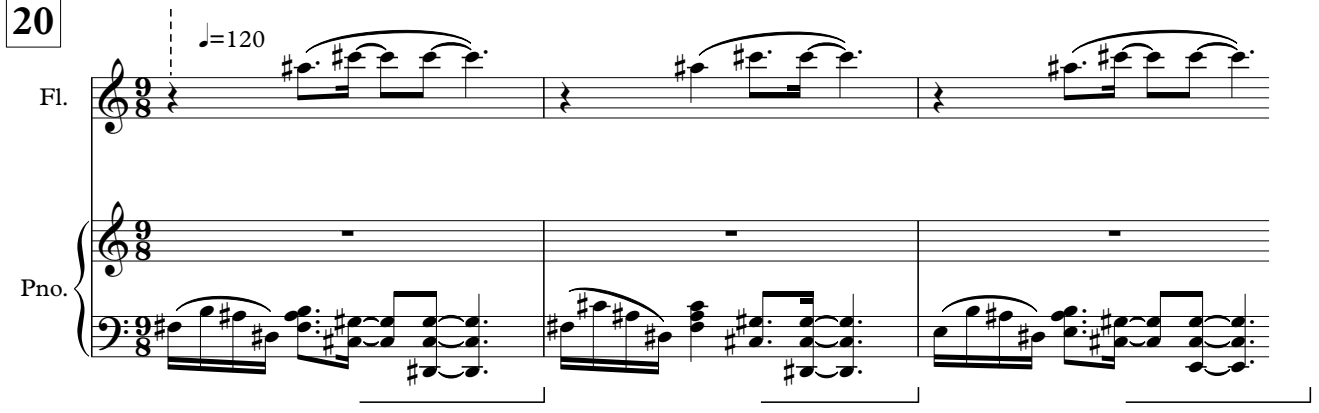
go around your neck with your elbow a second time, go around your elbow with your neck a second time,



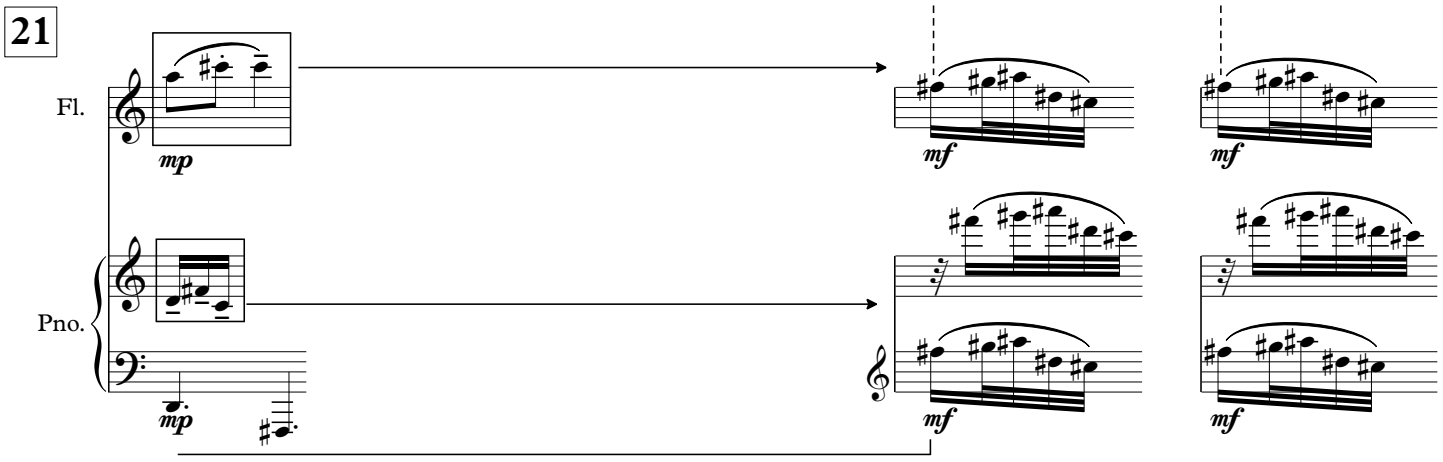

unfold your feet, let your toes go, bring your knees into the holes, your toes roll up and grab onto any- and everything,



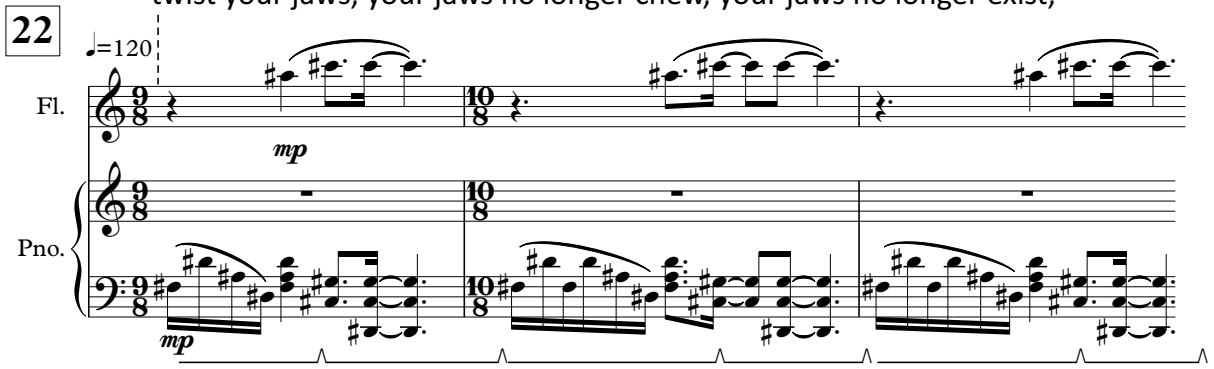
twist your ankles, get into your chest, your legs behind your neck, your neck behind your chest, your chest in your hips



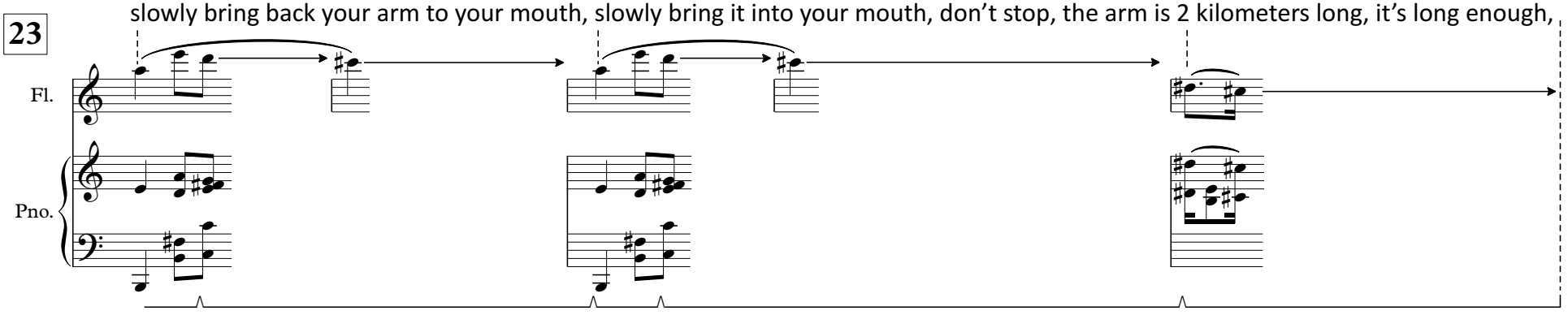
let the air go through your pores, the air circulates, head high, your head in between your legs,



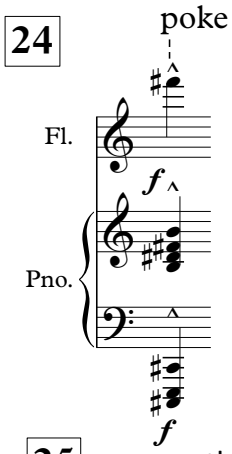

twist your jaws, your jaws no longer chew, your jaws no longer exist,




slowly bring back your arm to your mouth, slowly bring it into your mouth, don't stop, the arm is 2 kilometers long, it's long enough,

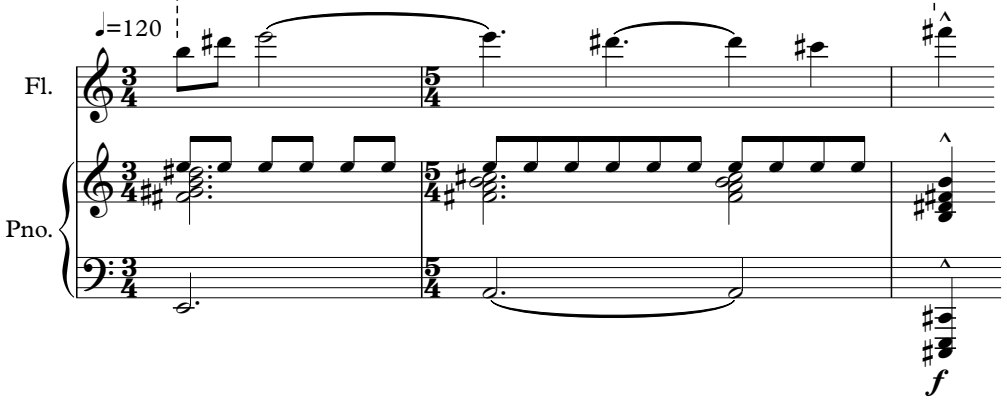


**24**

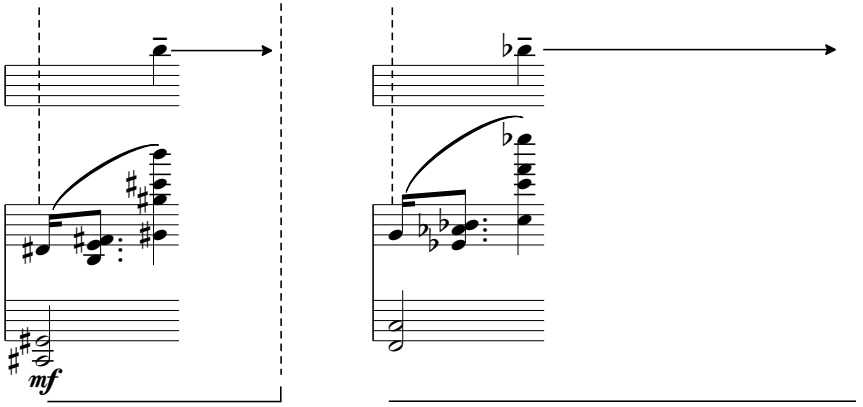



**25** once through the mouth, poke into your stomach, once through it bring it back to your open mouth, and shove it back again,

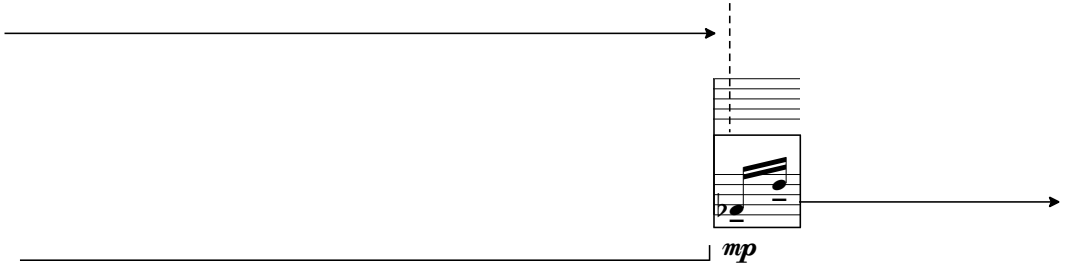
**26** *your arm is long e- - - -nough*, poke once more,



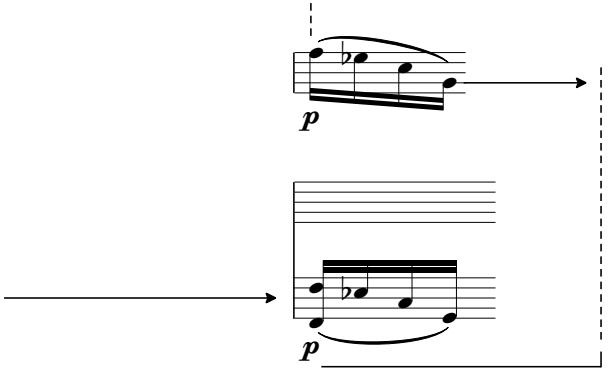
**27** all the way to the bottom, go deeper, to the bottom, don't let go of your hand,




force it in a second time and continue until the whole length of the arm is in,

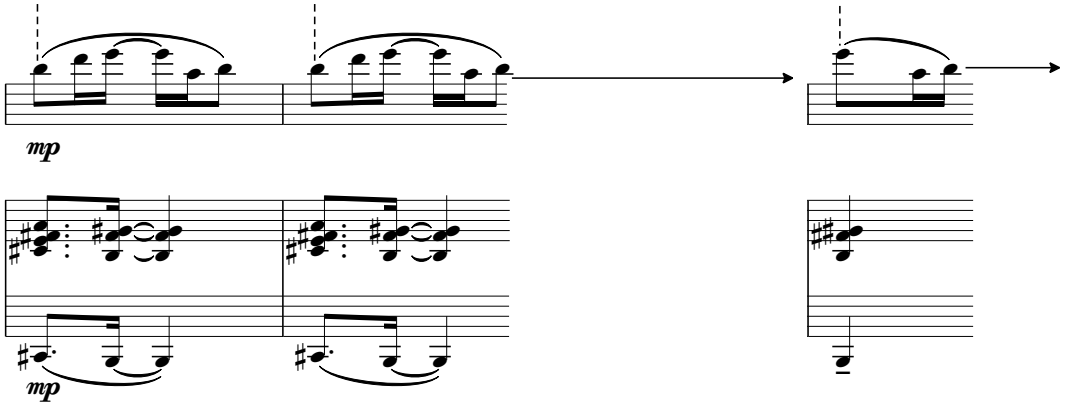



**28** don't be afraid to hurt yourself

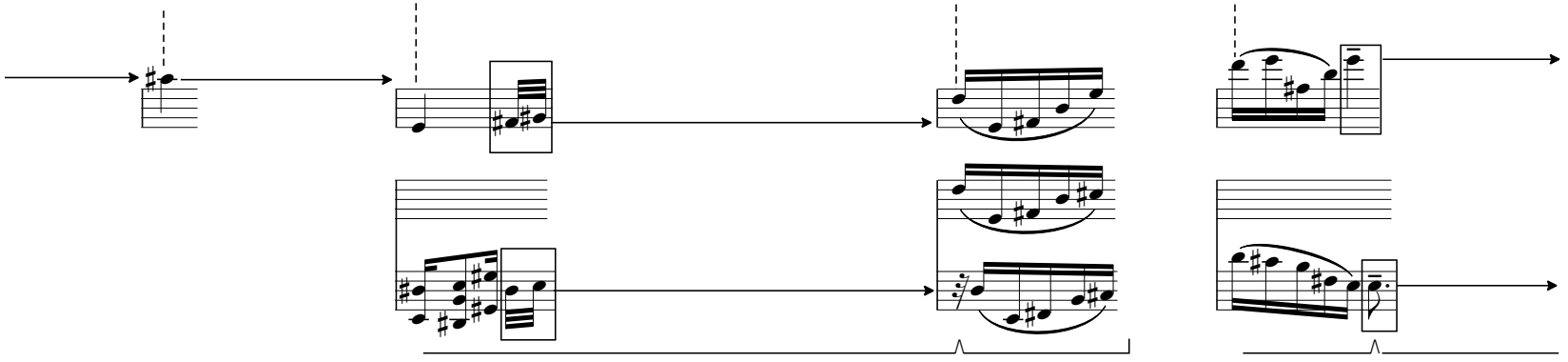


**29**

your neck is against your mouth, your tongue goes in, your tongue is swallowed easily, your arm is swallowed,

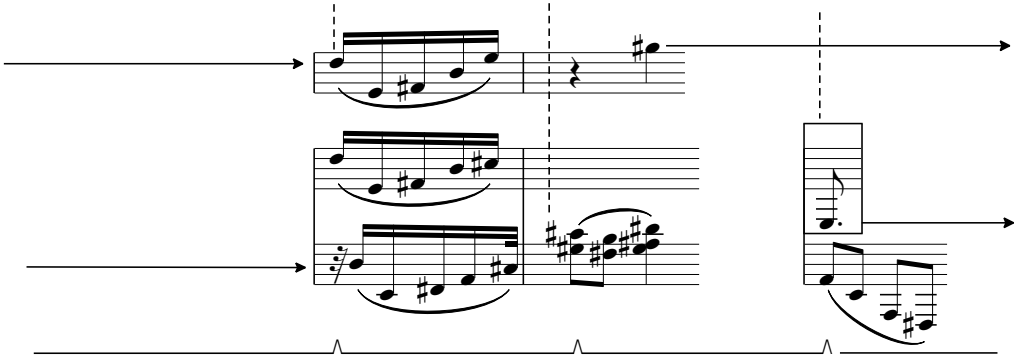



your feet are folded tightly, your knees are in, your legs are coming in, your elbows are out, your elbows are getting stuck,

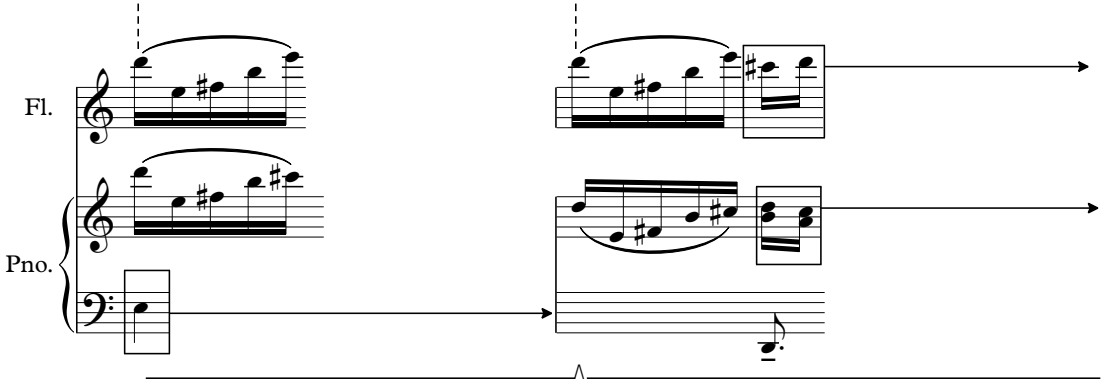


**30**

your ears hold on to the elbows,  your back rests against the floor,

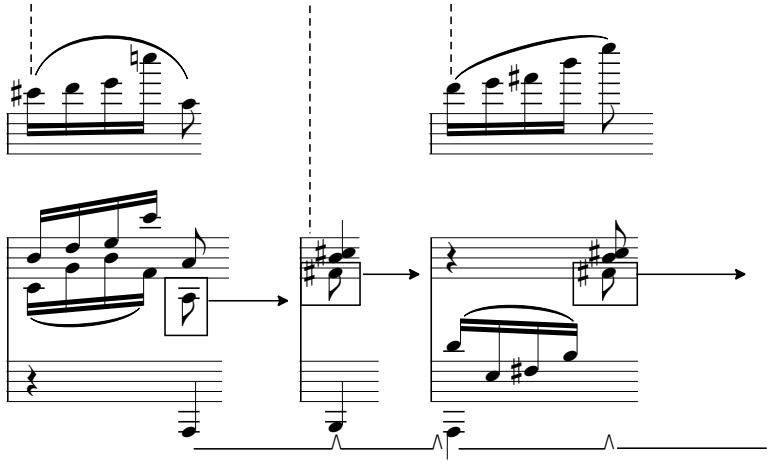


your elbows press on your back, your elbows hold your back, press your back,



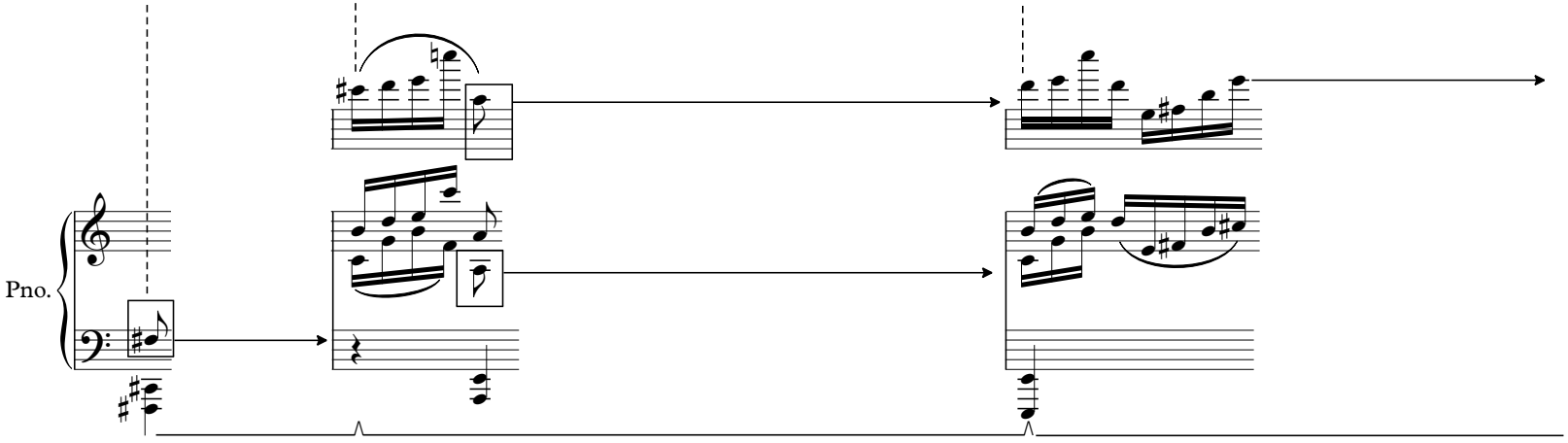
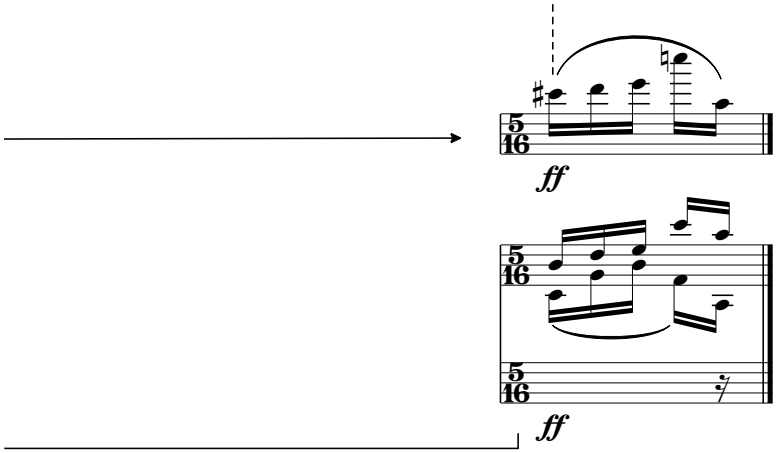

**31**

the weight of it in its height, head up, lift up, elbows lift your back,



**32**

think about the height of your back, think it's possible to reach that height, elbows against your back,



while pressing, think you’re reaching the height