



**ECSTATIC DANCE  
PORTUGAL**



**SOUND WAVE GUIDE**



## GUIA PARA CRIAR A “ONDA SONORA” DO ECSTATIC DANCE GUIDE TO CREATE THE ECSTATIC DANCE “SOUND WAVE”

(English skip to page 4)

### O QUE É O ECSTATIC DANCE?

O Ecstatic Dance, ou a Dança Êxtase, é um encontro onde dançamos a 100%, num ambiente limpo de álcool, drogas e fumos, onde a nossa energia infinita se revela através do movimento.

O Ecstatic Dance é um movimento internacional de dança livre, que nos convida a dançar e a celebrar. Na pista de dança a proposta é não conversar, não usar o telefone e entregarmo-nos à música de pé descalço, ao ritmo de uma viagem sonora que nos leva a muitos lugares do nosso corpo e do nosso ser.

Inspirado no trabalho de Gabrielle Roth (bailarina e coreógrafa dos anos 70), o Ecstatic Dance é uma meditação ativa, uma viagem xamânica de movimento, de cura, celebração e de comunhão :)

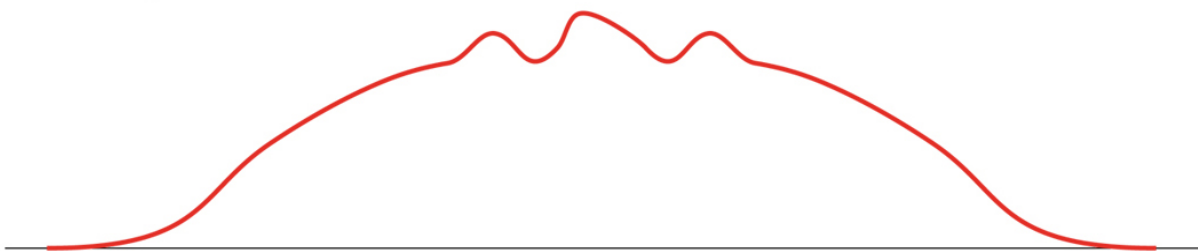
## COMO CRIAR A “ONDA SONORA” (WAVE) DO ECSTATIC DANCE?

São 2 Horas de música onde seguimos 7 estádios essenciais.

Na última página deste doc podes encontrar as linhas guia internacionais para a construção da Wave/ Set de um Ecstatic Dance.

Iniciar de uma forma muito tranquila e ir crescendo até entrarmos em Êxtase com batidas fortes e rápidas, e depois ir descendo até um final que ser quer muito calmo e acima de tudo que seja sagrado/ que tenha uma mensagem grande de conexão interior e com o todo.

2H00 de Wave/ Set



Esta imagem tenta exemplificar a curva de uma Wave/ Set Ecstatic

Nota: mesmo estando no estágio 4 - Climax (ver última página) o DJ pode de repente ser disruptivo e colocar uma música melódica (um piano, um hit antigo..).

O que importa é respeitar este género de curva, em que o público é convidado a entrar devagar e ir aumentando o seu movimento/ o seu êxtase, para que no fim acabe num espaço «vazio» mas cheio de significado.

Nota1: A “Onda sonora” pode ser misturada ao vivo ou pré criada.

Nota2: Sugerimos ter pelo menos 2 horas antes para testar som, preparar espaço, criar altar.. (ver manual completo).



## GUIDE TO CREATE THE ECSTATIC DANCE “SOUND WAVE

### WHAT IS ECSTATIC DANCE?

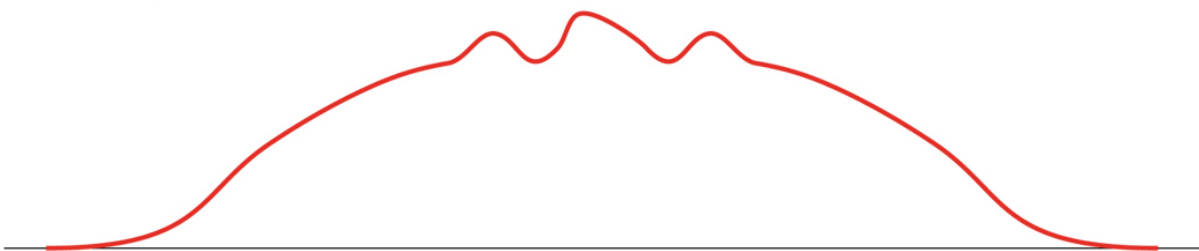
Ecstatic Dance is a gathering where we dance 100%, in an environment cleaned of alcohol, drugs and smoke, where our infinite energy is revealed through movement.

Ecstatic Dance is an international free dance movement that invites us to dance and celebrate. On the dance floor we don't talk, we don't use our mobile phones and we dance in barefoot, with the rhythm of a sound journey that takes us to many places of our body and our being.

Inspired by the work of Gabrielle Roth (dancer and choreographer of the 70s), Ecstatic Dance is an active meditation, a shamanic journey of movement, healing, celebration and communion : )

## HOW TO CREATE ECSTATIC DANCE'S "SOUND WAVE"?

There are 2 hours of music where we follow 7 essential stadiums.  
On the last page of this doc you can find international guidelines for construction of the Wave / Set of an Ecstatic Dance.  
Start in a very calm way and grow until we go into Ecstasy with strong and fast beats, and then go down to a final that is either very calm and above all that is sacred / that has a message great connection inside and with the whole.



### 2 Hours Wave/ Set

This image tries to exemplify the curve of a Wave / Set Ecstatic

PS: even being in stadium 4 - Climax (see next page) the DJ can suddenly be disruptive and put on a melodic song (a piano, a old hit..).

What matters is to respect this kind of curve, in which the public is invited to enter slowly and increase the movement / the ecstasy, so that in the end it ends up in an "empty" space but full of meaning.

Note1: The "Sound wave" can be mixed live or pre-created.

Note2: We suggest having at least 2 hours before to test sound, prepare space, create an altar .. (see complete manual).

# STAGES OF ECSTATIC DANCE

## INTERNATIONAL MANUAL

### 1 – Opening (Dream, Womb Gestation)

Genre: Ambient, Acappella

Tempo: 0 (Drone – Bells – Strings - Voice)

Metaphor/Emotion: Spaciousness, Sacredness, Intention, Possibility

Time: First 5 - 15 Minutes (Evolve into “Awakening” Stage with the first Beat)

### 2 – Awakening (Birth, Infancy, & early Childhood)

Genres: Downtempo, Chill Out, Psy-Dub, Singer-Songwriter, gentle Classical, chill Jazz

Tempo: 60 – 90 bpm (Please don't play tracks that feel more like “Post Climax” here!)

Metaphor/Emotion: Innocence, Possibility, Mystery, Melancholy, Sweetness, Sensuality, Grace

Time: Next 20 – 30 Minutes (Evolve into “Building” Stage with growing Intensity & Tempo)

### 3 – Building (Adolescence, & Young Adulthood)

Genres: Dubstep, Trap, Hip Hop, Glitch, Midtempo, Funk, Latin, Moombahton, Drum & Bass

Tempo: 70 – 110 etc. bpm

Metaphor/Emotion: Exploration, Playfulness, Tension, Sexuality

Time: Next 60 – 90 Minutes (Evolve into “Climax” Stage with Uptempo Tracks - over 120 bpm)

### 4 – Climax (Adulthood & Mid Life Crisis)

Genres: House, Breaks, Techno, Trance

Tempo: 120 – 140 bpm

Metaphor/Emotion: Power, Intensity, Explosiveness, Joy, Ecstasy, Transcendence

Time: 30 - 40 Minutes (Return to any of the Previous States if there is time, otherwise Evolve onto “Post Climax” when close to 30 minutes left in dance)

### 5 – Dream, Awakening, Building & Climax Revisited

If time is left in the dance, jump back to any of the first 4 Stages, and build up to Climax again.

### 6 - Post Climax (Elder & Old Age)

Genres: Pop Remixes, Deep House, Liquid Dubstep, Reggae, Dancehall, Jazz, Folk / Singer-Songwriter

Tempo: Various

Metaphor/Emotion: Nostalgia, Contentment, Connection, Nourishment, Satisfaction, Love

Time: 20 – 30 Minutes (Evolve into “Closing” Stage when close to the end of Dance)

### 7 – Closing (Death, After Life & Beyond)

Genres: Ambient, Acappella, Singer - Songwriter, Drone

Tempo: 0 (Drone – Bells – Strings - Voice)

Metaphor/Emotion: Peace, Serenity, Finality, Assimilation, Integration

Time: Final 5 – 15 Minutes

\* Most Music should be New/Fresh/Cutting Edge (made within the last year or sooner)

\* Please Balance Vocals with Instrumentals. Keep all Lyrics Clean, and Ideally: Inspirational

\* Practice Harmonic Mixing (Mixed in Key) to move up the Musical Scale: harmoniously rising & falling

\* Realize Opening and Closing tracks have a very different feel from each other. Are we Starting or Ending?

\* Touch on all Human Emotions with a Story Woven with your Music. This is for our Collective Healing

\* Visit: [www.SoundCloud.com/official-ecstatic-dance](http://www.SoundCloud.com/official-ecstatic-dance) to hear Sets from Edances around the World

\* Prepared by Tyler Blank of Ecstatic Dance Bay Area, for DJs playing ED Oakland (Weds), SF, & Fairfax



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