

BOOMBOX

by SAND-R

(BOOMBOX by SAND-R)

This is the Generic/Closed Captions Plain Experience

This transcript features generic or closed captions. Please refer to the accessibility pack on <https://SAND-R.com/Boombox> for the various Relaxed Closer Captions, Synced Closer Captions, Short Closer Captions, Generic/Closed Captions, Subtitles Experiences.

Information about this experience:

Music is continuously playing throughout the piece. Sections are marked with titles above them, the titles are dark blue coloured, in slightly bigger font and underlined. Titles also contain timecodes between brackets, so you know when they might be taking place. Example": **Settings menu 2 (04:44 – 04:58)**

Descriptions/captions of all audio is put in between [these brackets], whenever audio is repeated it's highlighted in the following way: [repeated audio caption], spoken text is in **bold**.

Opening note (0:00 – 0:14)

[humming]

[distorted voice]

This is an audio product you're allowed to move to.

Introducing SAND-R (0:14 - 0:44)

[atmospheric soundscape]

[SAND-R]

Hello,

I'm SAND-R and you can use the pronounce he/him and they/them.

[squeaks]

Welcome to my audio bubble,

[bubbles]

this is an audio choreography called BOOMBOX.

[explosion]

It's so nice of you to join me

and if you have been here before, welcome back.

[echo]

Welcome ba-ack.

[tiny bells]

Introducing Boombox (0:48 – 02:42)

[beeps]

To make sure I can enjoy, myself.

To make sure exhaustion, doesn't knock out my body the next day.

You will occasionally hear the settings menu.

An option will be selec-ted,

and my BOOMBOX will respond.

Three options are available when I dance.

Sometimes I want to INCREASE my energy,

[beeps]

to make my front wheels float up in the air, like I, just don't care.

[humming]

Or I need to decide to sustain my energy

and enjoy the current heat level my body has generated.

It's also okay to bring movement to a temporary close so I can recapture my energy.

[breaths]

Three options,

to increase energy

like I just don't care.

[increased beeping]

The need to sustain and enjoy current heat.

[resonation]

A temporary close to recapture energy.

Boombox responds to me.

Time to open up my bubble and invite you in.

[bubbles]

[rhythmic music]

Please come in and lets increase our energy.

Opening - Part 1 of 2 (02:43 – 03:34)

**As, the, beat, comes in,
The blur of my body disappears slowly,
Shapes start to take shape,
Cleaning my camera lens,
[bells]
My muscles, start to move,
Heat, pushes out the cold,
[metallic brushing noises]
Muscles, become warmer,**

**Ready
to keep pushing out, the cold,
The cold is replaced by the beat,
The beat is pushing out the cold,
Pushing out the cold,
[turbines]
The beat, coming in.**

Settings mode 1 (03:34 – 03:58)

[ringtone]
[BOOMBOX and SAND-R]
**Opening settings.
I'm choosing between increase, sustain and recapture.
Increase, sustain, recapture.
Feels like increase is the best option.
[beeping]
Increase selected.
[pitched beeps and vibrations]**

Opening Part 2 of 2 (03:58 – 04:44)

[increased beeping]
[SAND-R]
**Energy is travelling through my body,
Finding shoulders, arms and elbow.
Energizing and moving shoulders,
Opening up the shoulders to movement.
Movement playing with the shoulders as if it's the very first time,
[metallic sounds]
[energizing music]
Like the first time movement has reached the shoulders,
[humming]
Energy and movement reaching**

and spreading from the shoulders,
Shoulders playing with the body.
Arms going out from the center.
Playing with the air,
The air from outside is being noticed,
Noticed by my body,
[increased beeping]
craving fresher air.
[turbines]

Settings mode 2 (04:44 – 04:58)

[ringtone]
[BOOMBOX]
Opening settings.
Increase, sustain, recapture.
[beeping]
Increase selected.
[beeps]
[turbines]

Chorus (04:58 – 05:28)

[distorted, pitchy and low voices]
[quick and upbeat music]
Bee-bee-bee-beat
Pu-pu-pu-push
Energy-gy-gy
Pla-pla-pla-play
Moo, moo-, moo-, move
Bee-bee-bee-beat
Pu-pu-pu-push
Energy-gy-gy
Bee-bee-bee-beat
Pu-pu-pu-push
Energy-gy-gy
Pla-pla-pla-play
Moo, moo-, moo-, move
Bee-bee-bee-beat
Pu-pu-pu-push
Energy-gy-gy

Settings mode 3 (05:28 – 05:40)

[atmospheric soundscape]
[ringtone]
[BOOMBOX]
Opening settings.
Increase, sustain, recapture.

[beeps]

Recapture selected.

[vibrations]

Outside World #1 (05:40 – 06:59)

[SAND-R]

Hands push, and slide, over the wheels, to start the chair moving

Tien

The chair speeds up, as Sander lowers the chest

Negen

**As the chest lowers,
eyes are scanning the floor,
that is passing underneath them
looking for a place, to lower hand, up-onto.**

Acht

**A hand is planted firmly on the floor.
Front wheels never stop moving.
As the wheels pass the heel of the hand,
the heel of the hand, is slightly raised
and, the other arm comes up
[harp]
as if the arm and hand, are playing the harp
from back to forward-to forward**

Zeven
Zes

Vijf

Vier

Drie

**Hips are facing forward
moving enveloped, between the two wheels,
around the floor hand
The hand that reached to the sky,
now returns to one wheel**

Twée
Een

**Like a press that was left in the sand
the floor hand moves away again
as body, and wheels, leave the scene
with hands, gently, pushing the wheels, forward.
[turbines]**

Settings mode 4 (07:12 – 07:26)

[ringtone]

[BOOMBOX]

Opening settings.

Increase, sustain, recapture.

[beeps]

Increase selected.

[beeps]

Middle Verse (07:26 – 08:00)

[rhythmic energizing music]

**Body going outside, moving from its initial position
Powered by the beat and the movements that generated heat,
The power of the beat shaking up the movements,
Pushing in and out of my home,
My room is filling with sound,
Music pumping through the space,
Rippling through everything it touches,
Body rippling through the space.**

Settings mode 5 (08:00 – 08:16)

[ringtone]

[BOOMBOX]

Opening settings.

Increase, sustain, recapture.

[beeps]

Sustain selected.

[echoing slams]

Middle Verse 2 (08:16 – 09:10)

[SAND-R]

**Taking shape
inside of my body**

[echo]

**Pushing out
pushing out
the beat was
pushing
out**

**The energy
found
my shoulders
like a door hinge
screw
screwed in like the
first time.**

**In
out
I like to play
with going
not
out of doors**

**My room was a
Boombox
[splash]
pumping sounds
and the move-
ment ripples
through
the
air.**

[calm music]
[turbines]

Settings mode 6 (09:10 – 09:21)

[ringtone]
[BOOMBOX]
Opening settings.

Increase, sustain, recapture.

[beeps and alarms]
Increase selected.

Chorus (09:21 – 09:46)

[distorted, pitchy and low voices]
[quick rhythmic music]
[SAND-R]

Bee-bee-bee-beat

Pu-pu-pu-push

Energy-gy-gy

Pla-pla-pla-play

Moo, moo-, moo-, move

Bee-bee-bee-beat

Pu-pu-pu-push

Energy-gy-gy

Bee-bee-bee-beat

Pu-pu-pu-push

Energy-gy-gy

Pla-pla-pla-play

Moo, moo-, moo-, move

Bee-bee-bee-beat

Pu-pu-pu-push

Energy-gy-gy

Settings mode 7 (09:46 – 11:30)

[BOOMBOX]

Boombox shutting d-d DOWN,

[music stops]

Energy depleted.

**Energy has been depleted,
please recapture energy.**

[SAND-R]

**Things have been changing all around us,
We have been-n in just one place,
It's vital to give ourselves permission to rest.**

[wind blowing]

So we may enjoying moving again soon.

Just

[sigh]

take a moment

[echo]

[BOOMBOX]

Recapture sel-e-e-ecte-d-d-d-d

[tranquil music]

[wind blowing]

[ping]

[piano notes]

[chimes]

[beeps]

Settings mode 8 (11:30 – 11:38)

[ringtone]

Opening settings.

Increase, sustain, recapture.

Increase selected.

Middle Verse 3 (11:38 – 12:26)

[SAND-R]

[quick and energizing music]

I felt free

Beat

taking shape

inside of my body

Pushing out

pushing out

the beat was

p-p-p-p-pushing

out

The energy

Found

[ambient tones]

my shoulders

like a door hinge

[squeak]
screw
screwed in like the
first time.

In
out
I like to play
with going
not
out of doors

My room was a
Boombox
[splash]
pumping sounds
and the move-
ment ripples
through
the
air.

Settings mode 9 (12:26 – 12:32)

[BOOMBOX]
Opening settings.
Increase, sustain, recapture.
Increase selected.
[echo]

Bridge (12:32 – 12:55)

[SAND-R]
[rhythmic music with bass drums]

Free
Beat

Shape
Body

Push
Push

Beat
Push

Out
Energy

**Found
Shoulders**

Door hinge

**Screw
Screw
Time.**

**In
Out**

**Play
Go**

**Not
Out**

**Room
Boombox**

**Sounds
Move
Ripple
Through
Air**

Chorus (12:55 – 13:28)

[distorted, pitchy and low voices]

Bee-bee-bee-beat

Pu-pu-pu-push

Energy-gy-gy

Pla-pla-pla-play

Moo, moo-, moo-, move

Bee-bee-bee-beat

Pu-pu-pu-push

Energy-gy-gy

[sparkling sounds]

Bee-bee-bee-beat

Pu-pu-pu-push

Energy-gy-gy

Pla-pla-pla-play

Moo, moo-, moo-, move

Bee-bee-bee-beat

Pu-pu-pu-push

Energy-gy-gy

Bee-bee-bee-beat
Pu-pu-pu-push
Energy-gy-gy
Pla-pla-pla-play
Moo, moo-, moo-, move
Bee-bee-bee-beat
Pu-pu-pu-push
Energy-gy-gy
Bee-bee-bee-beat
Pu-pu-pu-push
Energy-gy-gy
Pla-pla-pla-play
Moo, moo-, moo-, move
Bee-bee-bee-beat
Pu-pu-pu-push
Energy-gy-gy

Settings mode 10 (13:40 – 13:52)

[ringtone]

[BOOMBOX]

Opening settings.

Increase, sustain, recapture.

[SAND-R]

Recapture selected.

[beeping]

Outside World #2 (13:52 – 15:08)

[ambient music]

Take a moment, to feel the energy, buzzing on the inside.

Start to notice, the outside,

reach to your headphones,

and,

make some space for one of your ears to hear the world outside.

Take a moment, to sense, your neighbours in the outside world, for 10 counts.

Closure Part 1 (15:08 – 15:40)

I have been free,

I, have pushed out,

The energy found my shoulders,

I have had a play,

I let music ripple through me in movement,

Closure Part 2 (15:40 – 17:46)

I....

**I want to release all of the air out of my body,
Stretch over my wheels like a starfish,
Recapture your own energy however you like
Calming down the body,
Into finding a stillness,**

[bubbles]

**Use this to find the center of your own space,
[vibration, beeps]**

**As it is time for me to close my bubble and to wave you *and your neighbours*
goodbye.**

Thank you for coming by in my boombox bubble.

Come back into your space,

Your own space,

Outside of my boombox bubble,

And to gently

bring this journey to a close,

And, to return to your life today.

I am SAND-R and I'm looking forward to your visit again,

Wherever or whenever that might be

[windchimes]

May you have a wonderful day

[bubbles and bells]

Thank you for travelling with SAND-R

[airline jingle]