

# BOOMBOX

by SAND-R

(BOOMBOX by SAND-R)

## **This is the Subtitles Only Plain Experience**

This transcript features subtitles. To be combined with audio of Boombox. 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)**

Spoken text is in **bold**.

## **Opening note (0:00 – 0:14)**

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

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

Hello,

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

Welcome to my audio bubble,

this is an audio choreography called BOOMBOX.

It's so nice of you to join me

and if you have been here before, welcome back.

Welcome ba-ack.

## **Introducing Boombox (0:48 – 02:42)**

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,

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

Three options,

to increase energy

like I just don't care.

The need to sustain and enjoy current heat.

A temporary close to recapture energy.

Boombox responds to me.

Time to open up my bubble and invite you in.

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,

My muscles, start to move,

Heat, pushes out the cold,

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,

The beat, coming in.

### Settings mode 1 (03:34 – 03:58)

Opening settings.

I'm choosing between increase, sustain and recapture.

Increase, sustain, recapture.

Feels like increase is the best option.

Increase selected.

### Opening Part 2 of 2 (03:58 – 04:44)

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,

Like the first time movement has reached the shoulders,

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,  
craving fresher air.

### Settings mode 2 (04:44 – 04:58)

Opening settings.  
Increase, sustain, recapture.  
Increase selected.

### Chorus (04:58 – 05:27)

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)

Opening settings.  
Increase, sustain, recapture.  
Recapture  
selected.

### Outside World #1 (05:40 – 06:59)

Tien  
Hands push, and slide, over the wheels, to start the chair moving  
Negen  
The chair speeds up, as Sander lowers the chest  
Acht  
As the chest lowers,  
eyes are scanning the floor,  
that is passing underneath them  
Zeven  
looking for a place, to lower hand, up-onto.

**Zes**

**A hand is planted firmly on the floor.**

**Vijf**

**Front wheels never stop moving.**

**As the wheels pass the heel of the hand,  
the heel of the hand, is slightly raised**

**Vier**

**and, the other arm comes up**

**as if the arm and hand, are playing the harp  
from back to forward-to forward**

**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**

**Twee**

**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.**

#### **Settings mode 4 (07:12 – 07:26)**

**Opening settings.**

**Increase, sustain, recapture.**

**Increase selected.**

#### **Middle Verse (07:26 – 08:00)**

**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)**

**Opening settings.**

**Increase, sustain, recapture.**

**Sustain selected.**

#### **Middle – Part 1 (08:16 – 09:10)**

**I felt free**

beat  
taking shape  
inside of my body

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  
pumping sounds  
and the move-  
ment ripples  
through  
the  
air.

### Settings mode 6 (09:10 – 09:21)

Opening settings.  
Increase, sustain, recapture.  
Increase selected.

### Chorus (09:21 – 09:46)

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 shutting d-d DOWN,  
Energy depleted.  
Energy has been depleted,  
please recapture energy.  
Things have been changing all around us,  
We have been-n in just one place,  
It's vital to give ourselves permission to rest.  
So we may enjoy moving again  
soon.  
Just  
take a moment  
(10:30) Recapture sel-e-e-ecte-d-d-d-d

### **Settings mode 8 (11:30 – 11:38)**

Opening settings.  
Increase, sustain, recapture.  
Increase selected.

### **Middle – Part 2 (11:38 – 12:26)**

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  
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  
pumping sounds  
and the move-  
ment ripples  
through  
the  
air.

### Settings mode 9 (12:26 – 12:32)

Opening settings.  
Increase, sustain, recapture.  
Increase selected.

### Bridge (12:32 – 12:55)

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)

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  
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)**

Opening settings.  
Increase, sustain, recapture.  
Recapture selected.

### **Outside World #2 (13:52 – 15:08)**

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've 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,  
Use this to find the center of your own space,  
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

May you have a wonderful day  
Thank you for travelling with SAND-R