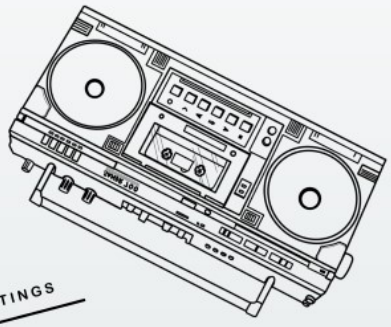
# BOOMBOX

by SAND-R



OPENING SETTINGS

INCREASE

SUSTAIN

RECAPTURE

NO OPTION SELECTED



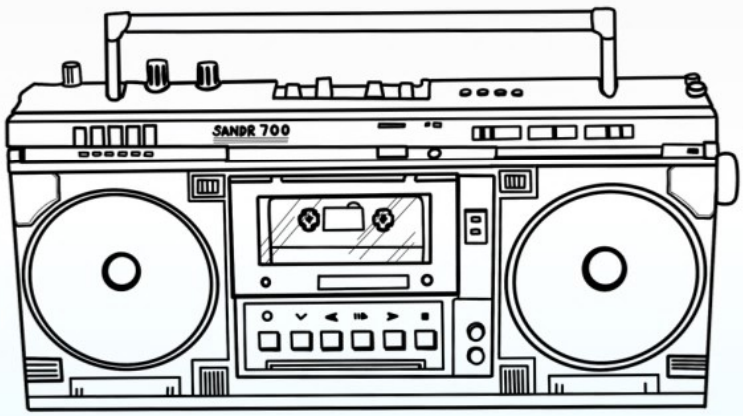
## This is the Relaxed Closer Captions **Visual Experience**

This transcript features closer or more open captions inspired by Christine Sun Kim's approach to captions. These Closer Captions are timed with the speed of the audio and captions heavy.  Can be combined with the audio.Please refer to the accessibility pack on 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 white or black coloured, in slightly bigger font and in bold. 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]




## Opening Note (0:00 - 0:14)

[rhythmic humming]

[optimistic voice, walkie talkie]

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

## Introducing SAND-R (0:14 - 00:44)

[eerie fading sound like an empty space whale yelling into the void]
[high pitch noises, robot booting up, smell of copper]
Hello,
[ambient warm air surrounding optimistic voice ]
[mysterious mood with low hum]
I'm SAND-R and you can use the pronounce he/him and they/them.
[sad squeaky sound from mudguard of wheelchair]
Welcome to my audio bubble,
[bubble gun blowing tiny bubbles]
this is an audio choreography called BOOMBOX.
[Boombox vibrates through the air, stone hits lake, creating ripples]
It's so nice of you to join me
[lava bubbles into ocean waves]
[disappointed sound of a game]
and if you have been here before, welcome back.
[higher register voice, cosmic advertising echo]
Welcome ba-ack.
[pitches down and then up]
[metal curtain with tiny bells opens]

## Introducing Boombox (0:44 - 02:42)

[softer optimistic voice with clearer articulation]
[quiet ambient environment, vibrating beats, depleted spaceship with heartbleeps]
To make sure I can enjoy, myself.
To make sure exhaustion, doesn't knock out my body the next day.
[four heartbleeps, quiet-louder, quiet-louder]
You will occasionally hear the settings menu.
An option will be selected,
and my BOOMBOX will respond.
[eerie fading sound, empty space whale yelling into void]

Three options are available when I dance.
[empty space whale yelling into the void]
Sometimes I want to INCREASE my energy,
[six heartbleeps, last three building up, higher in pitch]
[big smile on face while speaking]
to make my front wheels float up in the air, like I, just don't care.
[two more heartbleeps even higher in pitch]
[empty space whale yelling into the void, changing into ominous whale hum]
Or I need to decide to SUSTAIN my energy
[ominous hum, sun shining through the ocean's surface]
and enjoy the current heat level my body has generated.
[dipped toes in a beautiful lake]
[ominous hum is turning heavenly]
It's also okay to bring movement to a temporary close so I can RECAPTURE my energy.
[wheat fields fold and bend to a gentle warm breath]
[breathing out, sigh of relief]
Three options,
to INCREASE energy
[three heartbleeps, building up in pitch]
like I just don't care.
The need to SUSTAIN and enjoy current heat.
[humming resonating]
A temporary close to RECAPTURE energy.
[gentle warm breath on wheat, releasing pressure]
BOOMBOX responds to me.
[ominous hum]
[hum ends]
Time to open up my bubble and invite you in.

[robot blub-speaking under water]
[slow gentle sustained rhythmic beat comes in]
[wooden spoons playing on a rubber drum set]
Please come in and lets INCREASE our energy.
[three heartbleeps under water, sinking spaceship]



## Opening Part 1 of 2 (02:43 – 03:34)

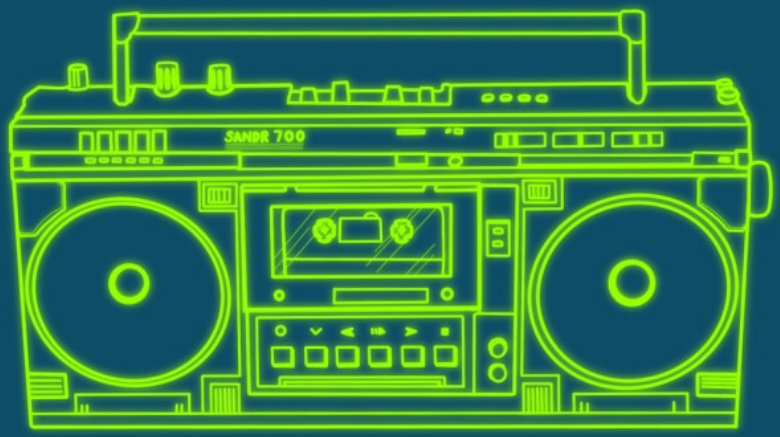
[rhythmic beat throughout]
[slower optimistic voice with careful attention]
As, the, beat, comes in,
[base joins in, stuck in a honey jar]
The blur of my body disappears slowly,
[wind chimes blow in the wind]
Shapes start to take shape,
[rhythmic beat throughout]
Cleaning my camera lens,
[curtain of little bells moving aside]
My muscles, start to move,
[curtain of little bells moving aside]
Heat, pushes out the cold,
[metallic brushing sound, whisk in a metal bowl]

Muscles, become warmer
[brake lights of a car turn on]
Ready,
[small bells, not quite big enough for a cow in the Alps]
to keep pushing out, the cold,
[metallic brushing sound, whisk in a metal bowl]
The cold is replaced by the beat,
[metallic brushing sound, whisk in a metal bowl]
The beat is pushing out the cold,

Pushing out the cold,
[wind turbines starting up]
The beat, coming in.
[vibrating noise, bionic hummingbird flapping its wings]

## Settings mode 1 (03:34 – 03:58)

[rhythmic beat throughout]
[four-tone ringtone, 1996 flip phone, connecting]
[familiar quick distorted voice, lower in pitch]




# OPENING SETTINGS

[ringtone ends]
[optimistic voice]
I'm choosing between increase, sustain and recapture.
[distorted voice]

## INCREASE

## SUSTAIN

## RECAPTURE

[pitched beep beep] [spaceship gives thumbs up]
[optimistic voice]
Feels like increase is the best option.
[four beeps, increasing in pitch, smell of dusty computers]
[distorted voice]

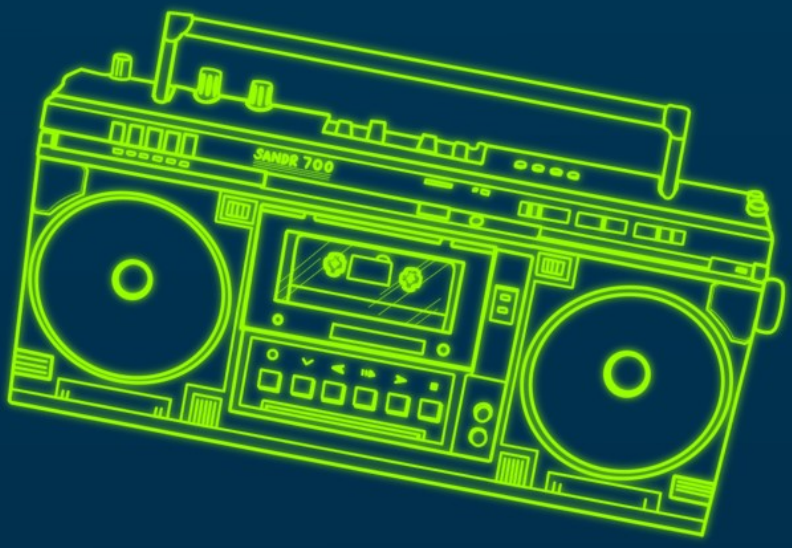
**INCREASE SELECTED**

[vibrating noise, sci-fi bionic fly is at your window]

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

[optimistic voice through a walkie talkie]
[from far away, bleeps are echoing through the void throughout]
Energy is travelling through my body,
[washing machine accelerating beyond possible]
Finding shoulders, arms and elbow.
[washing machine accelerating further]
Energizing and moving shoulders,
[washing machine accelerating further]
[clanks on pots and pans]
Opening up the shoulders to movement.
[washing machine accelerating further beyond recognition throughout]
[smell of ink]
Movement playing with the shoulders as if it's the very first time,
[pan hit with a metal spoon]
[steam filling the room]
Like the first time movement has reached the shoulders,
[o-o-aaaa, like a siren humming, drawing you closer]
Energy and movement reaching
[oooooo, like a siren humming, drawing you closer]
and spreading from the shoulders,
[beeps high to low, sinking/drowning robot]
Shoulders playing with the body.
[smell of old electronics]
Arms going out from the center.
[oooooo, like a siren humming, drawing you closer]
Playing with the air,
[metallic sound, sinking/drowning robot]
The air from outside is being noticed,
Noticed by my body,
[beeps increasing in pitch, sinking/drowning robot]
craving fresher air.
[washing machine ends]
[all beeps and bleeps end]
[wind turbines starting up]
[vibrating noise, bionic hummingbird flapping its wings]






**Settings mode 2 (04:44 – 04:58)**

[four-tone ringtone of a 1996 flip phone, connecting you through]
[quick distorted voice speaks, a very familiar voice yet lower in pitch]

## OPENING SETTINGS

[ringtone ends]

## INCREASE

## SUSTAIN

## RECAPTURE

[pitched beep beep]
[spaceship gives thumbs up]
[four beeps, each higher in pitch, smell of dusty computers]

## INCREASE SELECTED

[quick distorted voice ends]
[vibrations, sci-fi bionic fly at your window]
[wind turbines starting up]

## Chorus (04:58 – 05:28)

[quick]
[strong bass drum hits]

Bee-bee-bee-beat
[low voice like out of a second chin, growing]
[boom, steam releasing, bass drum is bashing on your ear drums]
Pu-pu-pu-push
[low voice like out of a second chin, growing]
[boom, steam, drum bashing ear drums]
Energy-gy-gy
[higher vocals, male voice just before puberty almost breaking]
[boom, steam, drum bashing ear]
Pla-pla-pla-play
[grounded optimistic voice with feminine echo]
[boom, steam, drum bashing]
Moo, moo-, moo-, move
[gentle stretched out voice, almost like a cow]
[boom, steam, drum]
Bee-bee-bee-beat
[higher vocals, male voice just before puberty almost breaking]
[boom, steam, drum]
Pu-pu-pu-push
[grounded optimistic voice]
[backing vocal, distorted higher pitched voice]
[boom, steam, drum]
Energy-gy-gy
[grounded optimistic voice]
[backing vocal repeats, higher voice, siren]
[boom, steam, drum]

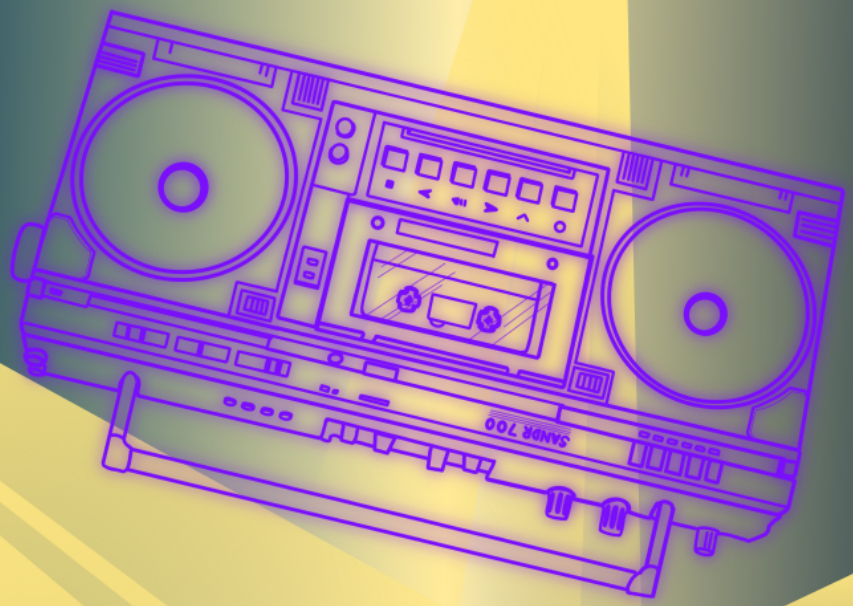
## Chorus (04:58 – 05:28)

Bee-bee-bee-beat
[low voice like out of a second chin, growing]
[oooooooo, siren humming drawing you in]
[boom, steam, drum]
Pu-pu-pu-push
[low voice like out of a second chin, growing]
[oooooooo ends]
[boom, steam, drum]
Energy-gy-gy
[higher vocals, male voice just before puberty almost breaking]
[boom, steam, drum]
Pla-pla-pla-play
[grounded optimistic voice]
[boom, steam, drum]
Moo, moo-, moo-, move
[gentle stretched out voice, almost like a cow]
Bee-bee-bee-beat
[low voice like out of a second chin, growing]
[boom, steam, drum]
Pu-pu-pu-push
[grounded optimistic voice]
[boom, steam, drum]
Energy-gy-gy
[all previous voices at once]
[boom, steam, drum ends]

## Chorus (04:58 – 05:28)

[strong bass drum hits]
[quick]

Bee-bee-bee-beat
[low voice like out of a second chin, growing]
[boom, steam releasing, bass drum is bashing on your ear drums]
Pu-pu-pu-push
[low voice like out of a second chin, growing]
[boom, steam, drum bashing ear drums]
Energy-gy-gy
[higher vocals, male voice just before puberty almost breaking]
[boom, steam, drum bashing ear]
Pla-pla-pla-play
[grounded optimistic voice with feminine echo]
[boom, steam, drum bashing]
Moo, moo-, moo-, move
[gentle stretched out voice, almost like a cow]
[boom, steam, drum]
Bee-bee-bee-beat
[higher vocals, male voice just before puberty almost breaking]
[boom, steam, drum]
Pu-pu-pu-push
[grounded optimistic voice]
[backing vocal, distorted higher pitched voice]
[boom, steam, drum]
Energy-gy-gy
[grounded optimistic voice]
[backing vocal repeats, higher voice, siren]
[boom, steam, drum]
Bee-bee-bee-beat
[low voice like out of a second chin, growing]
[oooooooo, siren humming drawing you in]
[boom, steam, drum]
Pu-pu-pu-push
[low voice like out of a second chin, growing]
[oooooooo ends]
[boom, steam, drum]
Energy-gy-gy
[higher vocals, male voice just before puberty almost breaking]
[boom, steam, drum]
Pla-pla-pla-play
[grounded optimistic voice]
[boom, steam, drum]
Moo, moo-, moo-, move
[gentle stretched out voice, almost like a cow]
[boom, steam, drum ends]



**Settings mode 3 (05:28 – 05:40)**

[wooden plate wobbling on table until stable]
[electronic wind whistling]
[four-tone ringtone, 1996 flip phone, connecting]
[familiar quick distorted voice, lower in pitch]

OPENING SETTINGS

[ringtone ends]

INCREASE

SUSTAIN

RECAPTURE

[spaceship gives thumbs up]
[pitched beep beep]
[optimistic voice]

RECAPTURE SELECTED

[vibrating noise, sci-fi bionic fly is at your window]

## Outside World #1 (05:40 – 06:59)

[electronic wind whistling]
[music moves away in a woosh, like it's thrown as a frisbee]
[optimistic kind voice returns, gently and thought through]

Tien [walkie talkie]

Hands push, and slide, over the wheels, to start the chair moving
[low humming, atmospherically music, staring into the distance]
[rocking gently side to side]
The chair speeds up, as Sander lowers the chest

Negen [walkie talkie]

Acht [walkie talkie]

As the chest lowers,
eyes are scanning the floor,
that is passing underneath them
looking for a place, to lower hand, up-onto.
[SAND-R unsticks lips]

Zeven [walkie talkie]

Zes [walkie talkie]

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 playing, gentle welcome as warmth of sun surrounds you]
[sentence feels completely new or recently forgotten]
as if the arm and hand, are playing the harp
from back to forward-to forward
Hips are facing forward
moving enveloped, between the two wheels,
around the floor hand
The hand that reached to the sky,
[harp ends]
now returns to one wheel
[music continuing to rock gently side to side]

Vijf [walkie talkie]

Vier [walkie talkie]

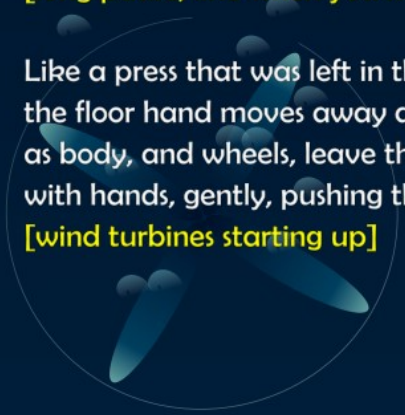
Drie [walkie talkie]

Twee [walkie talkie]

Een [walkie talkie]

[long pause, like when you have forgotten something you were about to say]

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.
[wind turbines starting up]








**Settings mode 4 (07:12 - 07:26)**
[four-tone ringtone, 1996 flip phone, connecting]
[familiar quick distorted voice, lower in pitch]

**OPENING SETTINGS**

[ringtone ends]

**INCREASE**

**SUSTAIN**

**RECAPTURE**

[pitched beep beep]
[spaceship gives thumbs up]
[washing machine starting up]

**INCREASE SELECTED**

[four beeps, increasing pitch, smell of new electronics]
[distorted voice ends]

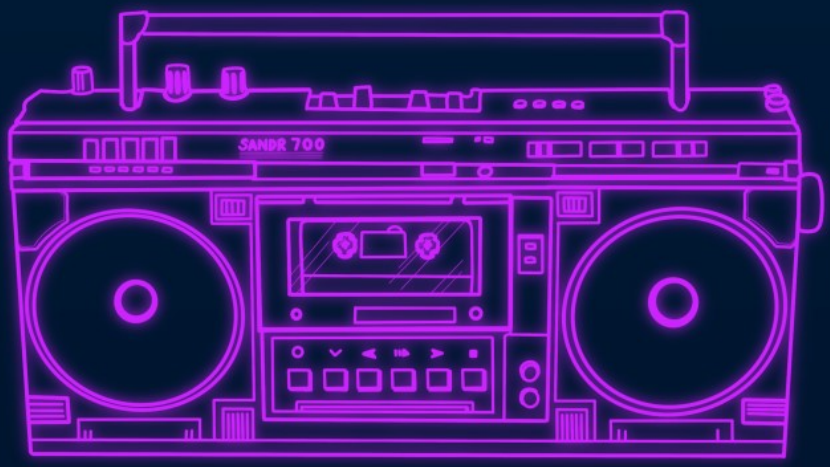
## Middle Verse (07:26 – 08:00)

[ticks from typewriter and bangs on pots and pans throughout]
[washing machine sped up, speeding up even more]
[pushing door open, opening curtains in the morning]
Body going outside, moving from its initial position
[oooo-o-aaaaa, feminine voice in ghostly robes]
[washing machine spiraling out of control]
Powered by the beat and the movements that generated heat,
[oooo-o-aaaaa, feminine voice in ghostly robes]

The power of the beat shaking up the movements,
Pushing in and out of my home,
[oooo-o-aaaaa, feminine voice in ghostly robes]
My room is filling with sound,

Music, pumping through the space,
[electricity moving through air discharging occasionally]
Rippling through everything it touches,
[oooo-o-aaaaa, feminine voice in ghostly robes]
[beeps high to low, sinking/drowning robot]
[ticks and bangs end, music disperses]
Body rippling through the space.
[wind turbines starting up]






**Settings mode 5 (08:00 – 08:16)**

[electricity moving through air discharging]
[four-tone ringtone, 1996 flip phone, connecting]
[familiar quick distorted voice, lower in pitch]

**OPENING SETTINGS**

[ringtone ends]

**INCREASE**

**SUSTAIN**

**RECAPTURE**

[pitched beep beep]
[spaceship gives thumbs up]

**SUSTAIN SELECTED**

[machine quickly winds up]
[metal organ sound, blade slicing through air]
[in dream state hammer hits anvil, time travel]

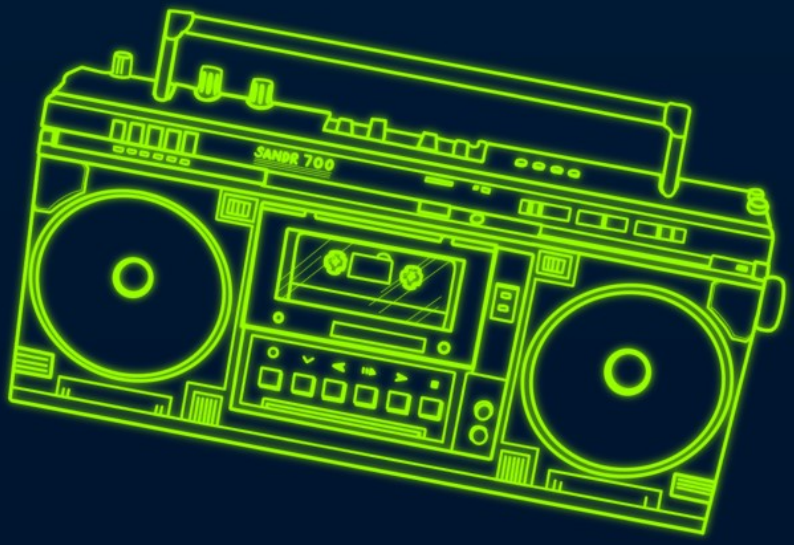
## Middle Verse 2 (08:01 – 08:56)

[hum of an instrument moving left to right]
[light turning brighter and dimmer in a slow cycle throughout]
[optimistic kind voice with power and urgency]
I felt free
beat
taking shape
inside of my body

Pushing out
pushing out
[vibration of the edge of a sword cutting through ambience]
[light shining through]
the beat was
pushing
out
[urgency slowly fading]

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
[urgency disappeared, optimistic kind voice]
My room was a
boombox
pumping sounds
and the move-
ment ripples
through
the
air.
[lights turning brighter and dimmer]
[lights end]
[big turbines starting up]




**Settings mode 6 (09:10 - 09:21)**

[four-tone ringtone, 1996 flip phone, connecting]
[familiar quick distorted voice, lower in pitch]

OPENING SETTINGS

[ringtone ends]
[ambient, warm feeling, orange glow]
[whooshing, frisbee is send off into the distance]

INCREASE

SUSTAIN

RECAPTURE

[pitched beep beep]
[spaceship gives thumbs up]

INCREASE SELECTED

[four beeps, increasing pitch, smell of new electronics]
[distorted voice ends]
[passing emergency services with sirens on]

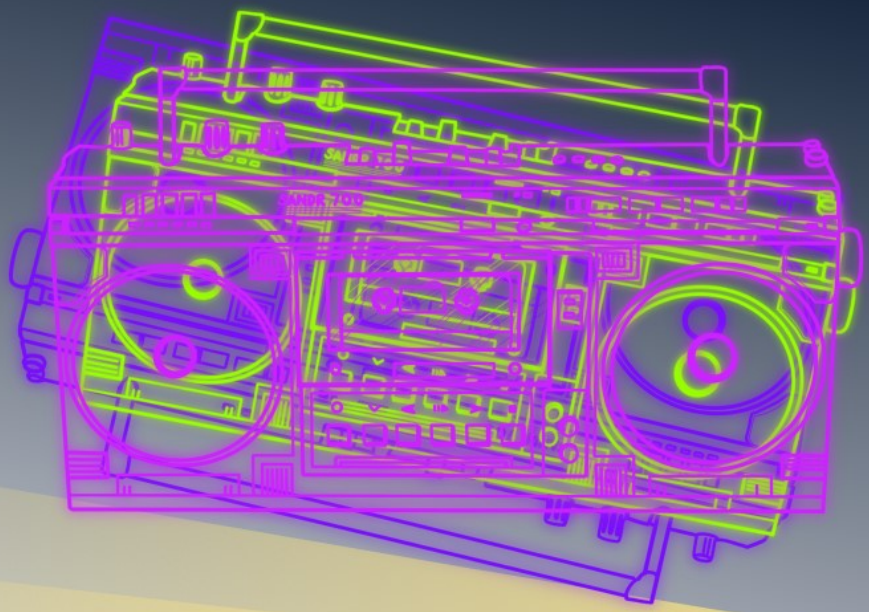
## Chorus (09:21 – 09:46)

[quick]
[strong bass drum hits]

Bee-bee-bee-beat
[low voice like out of a second chin, growing]
[boom, steam releasing, bass drum is bashing on your ear drums]
Pu-pu-pu-push
[low voice like out of a second chin, growing]
[boom, steam, drum bashing ear drums]
Energy-gy-gy
[higher vocals, male voice just before puberty almost breaking]
[boom, steam, drum bashing ear]
Pla-pla-pla-play
[grounded optimistic voice with feminine echo]
[boom, steam, drum bashing]
Moo, moo-, moo-, move
[gentle stretched out voice, almost like a cow]
[boom, steam, drum]
Bee-bee-bee-beat
[higher vocals, male voice just before puberty almost breaking]
[boom, steam, drum]
Pu-pu-pu-push
[grounded optimistic voice]
[backing vocal, distorted higher pitched voice]
[boom, steam, drum]
Energy-gy-gy
[grounded optimistic voice]
[backing vocal repeats, higher voice, siren]
[boom, steam, drum]

## Chorus (09:21 – 09:46)

Bee-bee-bee-beat
[low voice like out of a second chin, growing]
[oooooo, siren humming drawing you in]
[boom, steam, drum]
Pu-pu-pu-push
[low voice like out of a second chin, growing]
[oooooo ends]
[boom, steam, drum]
Energy-gy-gy
[higher vocals, male voice just before puberty almost breaking]
[boom, steam, drum]
Pla-pla-pla-play
[grounded optimistic voice]
[boom, steam, drum]
Moo, moo-, moo-, move
[gentle stretched out voice, almost like a cow]
Bee-bee-bee-beat
[low voice like out of a second chin, growing]
[boom, steam, drum]
Pu-pu-pu-push
[grounded optimistic voice]
[boom, steam, drum]
Energy-gy-gy
[all previous voices at once]
[boom, steam, drum ends]

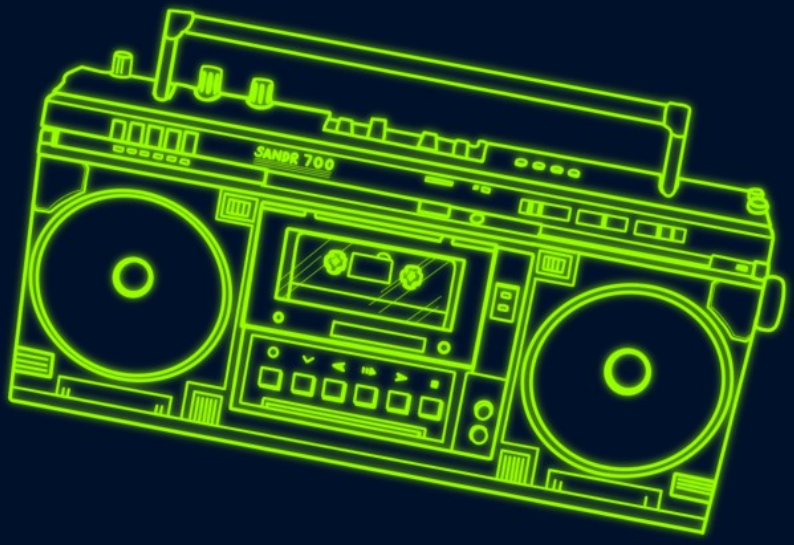


**Settings mode 7 (09:32 – 11:16)**

[talking but you start stretching and yawning mid-sentence]
Boombox shutting d-d DOWN,
[music comes to a complete halt, the train is terminating]
Energy depleted.
Energy has been depleted,
please recapture energy.
[looks towards you and straight at you]
Things have been changing all around us,
We have beennn in just one place,
It's vital to give ourselves permission to rest.
[cold wind blowing, circling, some draft entering]
So we may enoying moving again
soon.
[colder air creeping in]
Just
[sighs, feeling like you finally caught up with everything, letting it all go]
take a moment
[the words are repeated by a boombox with its last spark of energy]
[distorted voice from underneath the floor]

RECAPTURE SEL-E-E-ECTE-D-D-D-D

[wind slightly quieter]
[spiraling wind]
(10:44) [PING!]
piano keys, like the first rays of sunshine hitting a frozen lake]
[piano more noticeable moving closer]
[the coldest of winds blows around the floor continuously]
[piano keys are going up in tone]
(11:08) [wind chimes move in the wind]
[wind is stronger]
[the sound of an airplane miles away in a sort of air bubble]
[like writing a transcript trying to describe silence in a town with an airport]




**Settings mode 8 (11:30 – 11:38)**
[four-tone ringtone, 1996 flip phone, connecting]
[familiar quick distorted voice, lower in pitch]

**OPENING SETTINGS**

[ringtone ends]
[ambient, warm feeling, orange glow]
[whooshing, frisbee is send off into the distance]

**INCREASE**

**SUSTAIN**

**RECAPTURE**

[pitched beep beep]
[spaceship gives thumbs up]

**INCREASE SELECTED**

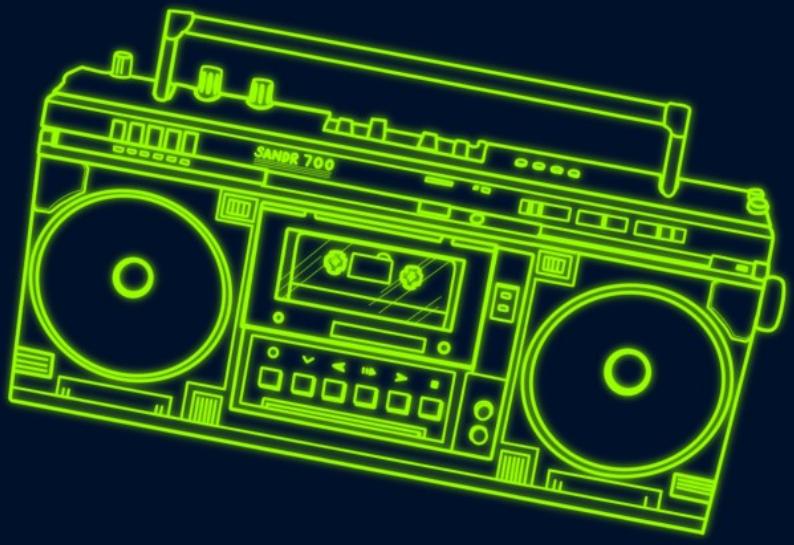
[four beeps, each higher in pitch, smell of new electronics]
[quick distorted voice ends]
[machine winds up quickly]

## Middle Verse 3 (11:38 – 12:26)

[music continues, energetic sounds return]
[sounds of machines, printers printing, stuck, starting again throughout]
[voice left side, echoes on the right]
I felt free
Beat
[gentle beeps from tapping soft keys on an old phone, bouncing left to right]
[gentle beeps throughout]
[low distorted of voice]
taking shape
inside of my body
Pushing out
pushing out
the beat was
p-p-p-p-pushing
out

The energy
Found
[ambient boom sound enters the music, spreads from far and small to big and close]
[like dropping something that shatters beautifully]
my shoulders
like a door hinge
[sounds of a bolt that gets tightened just a bit too tight and squeaks]
screw
screwed in like the
first time.
[ambient boom sound, acoustic material vibrates through the space]
In
out
I like to play
[gameshow decision time music, will you win?]
with going
[ambient boom sound, more acoustic material vibrates through the space]
not
out of doors

My room was a
Boombox
[dropping in water sound, like you threw a boombox into an computer generated lake]
pumping sounds
[ambient boom sound, even more acoustic material vibrates though the space]
and the move-
ment ripples
through
[ambient boom sound, even more acoustic material vibrates though the space]
[electricity moving through air discharging]
the
air.
[printers end]




**Settings mode 9 (12:26 – 12:32)**

[four-tone ringtone, 1996 flip phone, connecting]
[familiar quick distorted voice, lower in pitch]

OPENING SETTINGS

[ringtone ends]
[gameshow decision time jingle, did you win?]

INCREASE

SUSTAIN

RECAPTURE

[pitched beep beep]
[spaceship gives thumbs up]
[echoing voice]

INCREASE SELECTED

[four beeps, each higher in pitch, smell of new electronics]
[distorted voice ends]
[machine winds up quickly]



## Bridge (12:32 - 12:55)

[optimistic voice]
[heavy bass hiting on every word]
[heavy base distorting,
being lifted throughout]
Free
[bass hit]
Beat
[bass hit]
Shape
Body
[distort]

Push
[bass hit]
Push
[bass hit]
Beat
[distort]
Push
[bass hit]
Out
[bass hit]

Energy
Found
[distort]
Shoulders
[hit, distort]
Door hinge
[bass hit]
Screw
[bass hit]
Screw
Time.
[distort]

In
[bass hit]
Out
Play
[bass hit]
Go
[distort]

Not
[bass hit]
Out
[bass hit]

Room
[distort]
Boombox
[hit, distort]
Sounds
[bass hit]
Move
[bass hit]
Ripple
Through
[distort]
Air
[distort]
[bass hit]
[bass hit]
[bass hit]
[someone trying to whistle, making flying frisbee sound]
[bass hit]
[bass hit]
[bass hit]
[bass hit, distort]
[bass hit]

## Chorus (12:55 – 13:28)

[strong bass drum hits, emerged in ambient booms]
[quick]
[emerging from cloud]

Bee-bee-bee-beat
[low voice like out of a second chin, growing]
[boom, steam releasing, bass drum is bashing on your ear drums]
Pu-pu-pu-push
[low voice like out of a second chin, growing]
[boom, steam, drum bashing ear drums]
Energy-gy-gy
[higher vocals, male voice just before puberty almost breaking]
[boom, steam, drum bashing ear]
Pla-pla-pla-play
[grounded optimistic voice with feminine echo]
[boom, steam, drum bashing]
Moo, moo-, moo-, move
[gentle stretched out voice, almost like a cow]
[boom, steam, drum]
Bee-bee-bee-beat
[higher vocals, male voice just before puberty almost breaking]
[boom, steam, drum]
Pu-pu-pu-push
[grounded optimistic voice]
[backing vocal, distorted higher pitched voice]
[boom, steam, drum]
Energy-gy-gy
[grounded optimistic voice]
[backing vocal repeats, higher voice, siren]
[boom, steam, drum]
[sparkling shimmy]

## Chorus (12:55 – 13:28)

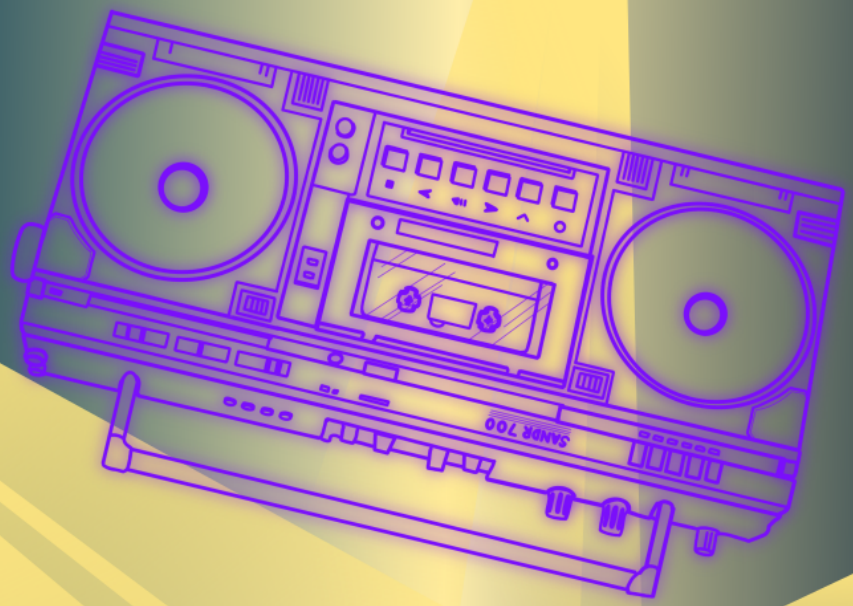
Bee-bee-bee-beat
[low voice like out of a second chin, growing]
[oooooooo, siren humming drawing you in]
[boom, steam, drum]
[sparkling shimmy]
Pu-pu-pu-push
[low voice like out of a second chin, growing]
[oooooooo ends]
[boom, steam, drum]
[sparkling shimmy]
Energy-gy-gy
[higher vocals, male voice just before puberty almost breaking]
[boom, steam, drum]
[sparkling shimmy]
Pla-pla-pla-play
[grounded optimistic voice]
[boom, steam, drum]
[sparkling shimmy]
Moo, moo-, moo-, move
[gentle stretched out voice, almost like a cow]
[boom, steam, drum]
[sparkling shimmy]
Bee-bee-bee-beat
[low voice like out of a second chin, growing]
[boom, steam, drum]
[sparkling shimmy]
Pu-pu-pu-push
[grounded optimistic voice]
[boom, steam, drum]
[sparkling shimmy]
Energy-gy-gy
[so many voices, uncertain if eardrums will survive]
[boom, steam, drum]
[sparkling shimmy]

## Chorus (12:55 – 13:28)

Bee-bee-bee-beat
[low voice like out of a second chin, growing]
[boom, steam, drum]
[sparkling shimmy]
Pu-pu-pu-push
[low voice like out of a second chin, growing]
[boom, steam, drum]
[sparkling shimmy]
Energy-gy-gy
[higher vocals, male voice just before puberty almost breaking]
[boom, steam, drum]
[sparkling shimmy]
Pla-pla-pla-play
[grounded optimistic voice with feminine echo]
[boom, steam, drum]
[sparkling shimmy]
Moo, moo-, moo-, move
[gentle stretched out voice, almost like a cow]
[boom, steam, drum]
[sparkling shimmy]
Bee-bee-bee-beat
[higher vocals, male voice just before puberty almost breaking]
[boom, steam, drum]
[sparkling shimmy]
Pu-pu-pu-push
[grounded optimistic voice]
[backing vocal, distorted higher pitched voice]
[boom, steam, drum]
[sparkling shimmy]
Energy-gy-gy
[grounded optimistic voice]
[backing vocal repeats, higher voice, siren]
[boom, steam, drum]
[sparkling shimmy]

## Chorus (12:55 – 13:28)

Bee-bee-bee-beat
[low voice like out of a second chin, growing]
[oooooooo, siren humming drawing you in]
[boom, steam, drum]
[sparkling shimmy]
Pu-pu-pu-push
[low voice like out of a second chin, growing]
[oooooooo ends]
[boom, steam, drum]
[sparkling shimmy]
Energy-gy-gy
[higher vocals, male voice just before puberty almost breaking]
[boom, steam, drum]
[sparkling shimmy]
Pla-pla-pla-play
[grounded optimistic voice]
[boom, steam, drum]
[sparkling shimmy]
Moo, moo-, moo-, move
[gentle stretched out voice, almost like a cow]
[boom, steam, drum]
[sparkling shimmy]
Bee-bee-bee-beat
[low voice like out of a second chin, growing]
[boom, steam, drum]
[sparkling shimmy]
Pu-pu-pu-push
[grounded optimistic voice]
[volume decreases]
[boom, steam, drum]
[sparkling shimmy]
Energy-gy-gy
[all previous voices at once]
[boom, steam, drum ends]
[sparkling shimmy]
[music and words slowing down; sound is stretched out]
[sparkling shimmy ends]



**Settings mode 10 (13:40 – 13:52)**

[four-tone ringtone, 1996 flip phone, connecting]
[internet router is connecting, space ship zooms past]
[familiar quick distorted voice, lower in pitch]

OPENING SETTINGS

[ringtone ends]

INCREASE

SUSTAIN

RECAPTURE

[spaceship gives thumbs up]
[pitched beep beep]
[optimistic voice]

RECAPTURE SELECTED

[calibrating sound]
[winding up of machine excitedly yells yaaaay]



## Outside World #2 (13:52 - 15:08)

[ambient music, like a warm soft bath surrounding your body]
[music moving around as if a cable isn't fully unplugged yet]
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.
[ambient music, warm soft bath surrounding your body continues for 38 seconds]
[whizzling]

## Closure Part 1 (15:08 - 15:40)

[ambient music, warm soft bath surrounding your body]
[music moving around as if a cable isn't fully unplugged yet]
[calm soothing voice]
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,
[sun is shining through an opening in a curtain]
[smells of fresh cut grass]

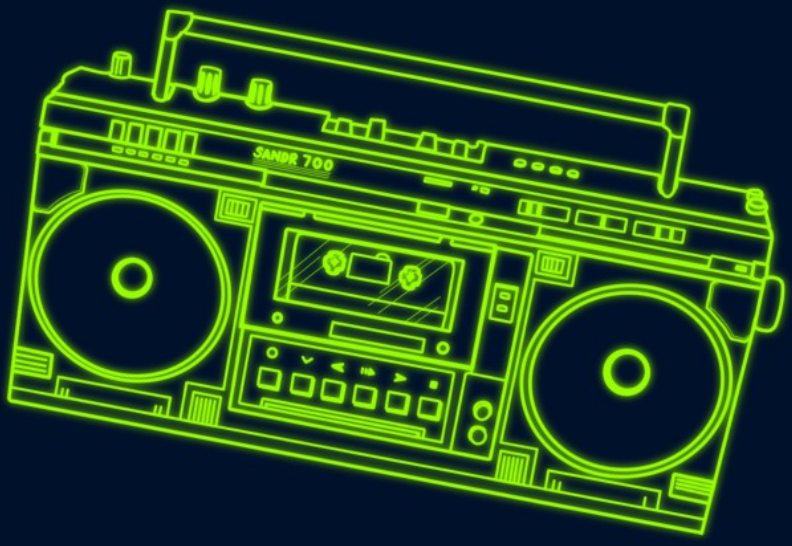
## Closure Part 2 (15:40 - 17:46)

[calm soothing voice]
I...
[in an almost meditative state]
[music moving around as if a cable isn't fully unplugged yet]
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,
[bubbly ringtone coming through, blowing bubbles]
Use this to find the center of your own space,
[vibrating beats, depleted spaceship with a heartbleep]
As it is time for me to close my bubble and to wave you and your neighbours goodbye
[last ambient boom of sound, passing you head, wanting to say goodbye one last time]
[bubbles move side to side]
[smells of fresh cut grass]

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
**[vibrations end]**
**[organ tone continues, moving every part of your body]**
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 softly blowing in the wind]**
May you have a wonderful day
**[bubbles and curtain of bells moving]**

# Thank you for travelling with SAND-R

**[airline jingle, in a cosmic advertising kind of way ]**




# BOOMBOX

by SAND-R

Artwork

SAND-R

Lily Norton