

Fiodorow 76.35 2019

joy ingle

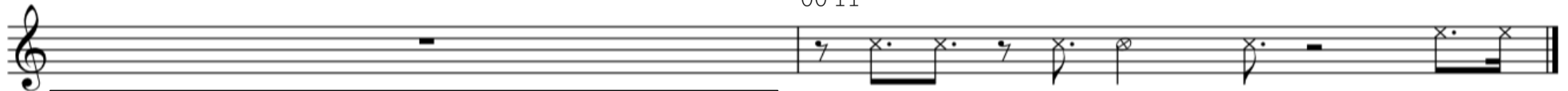
- Crossed noteheads: pitch is approximate and notes should be overblown
- Notes correspond to Fiodorow's screams and should be "played along" to the audio
- For hammer throw form see <https://www.youtube.com/watch?v=mR0CUNrsoCs>

Inhale – as if doing the hammer throw

Exhale

00'11"

Flute



Pass the flute around the body, holding one end of the instrument and circling your head with it for 3 seconds. Then spin your whole body in circles, still holding the flute by its end, until the exhale whereupon stay still.