

## *The Routine* – a guide for Deaf and Hard of Hearing Audience Members

*The Routine* is a solo physical theatre/mime show performed by Joylyn Secunda and co-created with director, David Secunda. The story is conveyed through movement and there are music and sound cues to support the dramatic arc. Although the sound isn't necessary to understand the story, I have created this sonic guide to make the show more equitable for Deaf and Hard of Hearing audience members.

**Below is a list of all the music and sound effects in *The Routine*, in chronological order from the first time they occur in the show. Some sounds repeat.**

Music to Soothe the Savage Snake Plant by Mort Garson – an ambient, dreamy tune, played on a Moog synthesizer. This song is from the album *Plantasia*, subtitled "warm earth music for plants and the people that love them."

Alarm Clock – a loud and abrasive beeping sound

Green Onions by Booker T and the MGs – a popular instrumental RnB song from 1962, with a repetitive blues base line and light, emphatic drums.

Sandstorm by Darude – a high-energy Eurodance/trance song from 1999

Sandstorm by Darude, sped up at the rate of 1.5

Angelic Voices – female voices harmonizing

Mosquitos buzzing

þÚ Ert Jörðin by Ólafur Arnalds – a calm, serene piece of music with piano and strings

River – the sound of flowing water

Spacelab by Kraftwerk – electronic synth-pop from 1978. The beginning of this song sounds like reverberating sound waves or a magical orb. This sound cue is used to create the effect of coming back to reality from a dream-like utopia.

Celebration by Kool & The Gang – a post-disco, funk song with trumpets, released in 1980. A man sings, "Celebrate good times, come on!" It's a popular song played at parties, weddings, and sporting events.

Nocturne No. 20 in C-Sharp Minor, Op. posth. by Frédéric Chopin played by Roland Pöntinen – a sad and dramatic piano piece

Car Crash – a comically long stream of crashing sounds

Police Siren

Lux Aeterna by Clint Mansell and Kronos Quartet – an ominous orchestral piece from the film *Requiem for a Dream*. The piece has a heartbeat-like rhythm with an intense violin melody. Extremely cinematic and dramatic.

Wrecked Car Driving – rattling sounds, clanking metal, a broken engine

Aftermath by Jed Palmer – a cinematic and ominous track, repetitive droning arpeggios

Die vier Jahreszeiten (The Four Seasons), Konzert Nr. 2 G-Moll, Op. 8 No. 2, RV 315  
“Der Sommer”: III. Presto by Antonio Vivaldi, performed by Das große Klassik Orchester, Hans Swarowsky – a dramatic violin piece

Stars by Brian Eno – ambient electronic, moody, mysterious, celestial

Taboo by Samah Mustafa – breathy, rhythmic, ambient, vocal loops, the music is influenced by classical oriental singing and Arabic folk music

Birds Chirping

to hold the stars in the palm of your hand (orchestral) by Chad Lawson – a beautiful, dreamy piano piece with faint strings in the background

Oxygène Part 5 by Jean Michel Jarre – an electronic, ambient, synth-pop song from 1976.

Carl Goes Up by Michael Giacchino – an optimistic, bubbly song from the Pixar film, *Up*. The song features instruments like piccolo, flute, clarinet, and synthesiser/electric piano.

Gentle Breeze

Thunder, Rain, Wind, Gushing River

Cataclysm by Kim Planert – a cinematic piece with a tension-building piano refrain, quivering and dramatic violins, and a fast rhythm.

Splash

An Ending by Brian Eno – ambient electronic, majestic, peaceful, heavenly tones

Love to Love You Baby by Donna Summer – Euro-disco, psychedelia; the track features erotic moans and groans along with a funky baseline.

Abysses by Polo & Pan – electronic, playful, trippy, and spacy.