

## Espresso: microsonata

The first modern espresso machine was built in Italy in 1901. To make espresso, very hot water is forced through finely ground coffee at a pressure equivalent to diving 100m below sea level. The resulting drink is a symphonic combination of multiple tastes, smells, heat and texture.

The audio part for this piece is best played through earphones and it may be best to ready the track before you make or order your coffee.

Read the piece carefully before you start and try not to look at it while you're performing: it will be too distracting.

To perform this piece, first order or make an espresso. If the coffee being used comes with flavour notes, read those.

Pay attention to the eruptions of steam, and the sounds and movements of the barista (or yourself) as the drink is prepared.

When your espresso is ready, sit by a table with the mug of espresso dead centre in front of you. Press play on the audio track and then place your hands flat on the table, transferring part of your weight into the surface.

When you hear the first sound (a metallic introductory sound), lift your hands and take your first sip. After a few seconds, a microscopic piece of music will play, followed by another silence. This process will repeat four times.

Take a sip of coffee in each silence; let it coat your tongue, savour the heat, tingle and aroma and become conscious of the surprising weight of the liquid.

Each of the four pieces you hear is a micro-movement in a tiny sonata or symphony, designed to direct your attention towards different chemical combinations in the coffee.

If you have not finished your espresso by the time the audio track ends, continue drinking in the same way: each sip followed by a 10 second pause to listen and taste a new constellation of sensations. You may imagine new music if you wish, but you might not feel the need.

Fluxversion: if you can't access an espresso machine, this piece would also work using a shot of whiskey.