

a collection of  
*remembered, misremembered,  
heard, misheard & cherished*  
Anna Grip quotes

you go  
forward

you go  
backwards

go  
backwards

**FALL,**

and

**FALL,**

go on,

**FALL,**

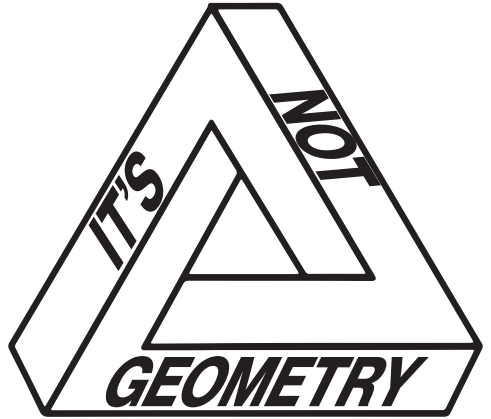
your back,  
there you go!

...and

*fall* //

apart

Let your body be a river  
and a pond  
and a pond  
and a pond



\*it's calculus.

These  
ballet  
fascists



**LET GO OF  
SYMMETRY.**

**GET AS  
CROOKED**

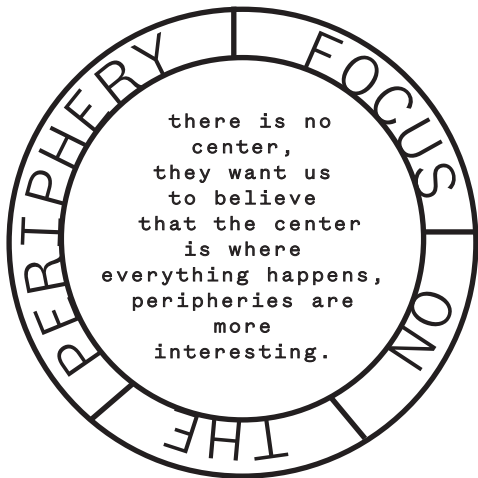
**AS YOU CAN.**

*THE EDGES.*

*CENTER ONLY*

*WHEN YOU KNOW*

*APPEARS*



Change happens in a second,

the  
of  
process  
deciding - that takes time.

YOU  
HAVE  
QUESTIONS  
OF  
THE

There's

nothing

to

find



STAY



IN THE SHIT STORM





# YOU ARE

MANY MANY

CONFIDENCE

YOU WILL CATCH YOURSELF

IS TO GO AND THEN TRUST THAT

IF YOU FALL

**GIVE  
IN**

**we don't work  
ON things we  
work WITH them**

We are not

*norm criticizing,*

We are

*norm breaking*

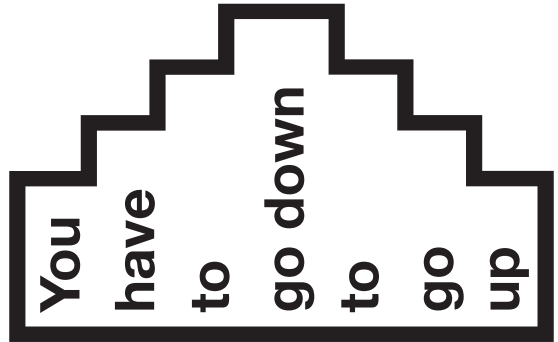
▼art tycker du själv



Oslo ligger?



**fall,  
press  
and  
wire.**



Press into the ground.

The point is

---

Not to jump higher or longer

---

But to hang out out there

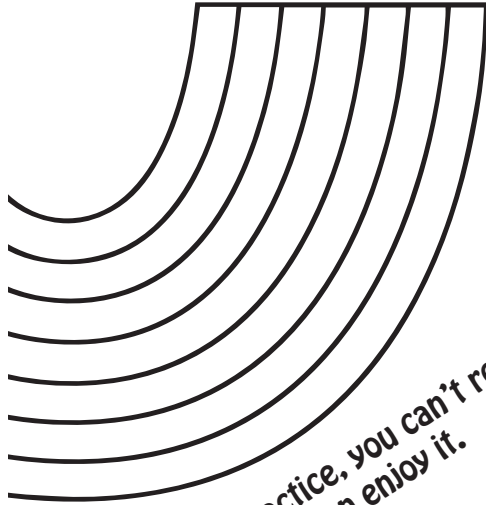
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Long enough to see

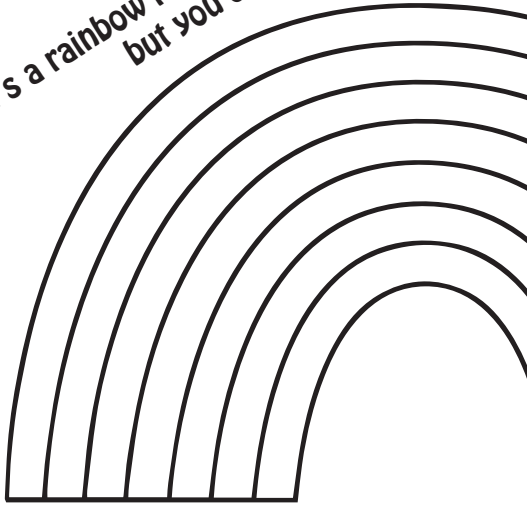
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What happens.

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*It's a rainbow practice, you can't reach it,  
but you can enjoy it.*



YOU  
CAN  
BAND  
YOURSELF  
M  
YOURSELF  
IN  
AV  
TOR

its  
Q@Q@t

influence  
influence  
Q@Q@  
@eing

**Lägg ner skiten.**

**WHATEVER**



The leg  
& not straight,



IT'S SO GREAT



TO SEE DANCE AGAIN

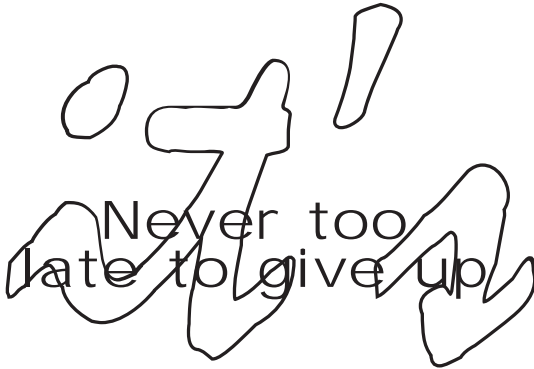
It's  
Stretching



WHAT  
ARE YOU  
GOING TO  
TAKE AWAY,  
TARBOT?

**And  
what shall  
we take  
away?**

**lower**  
**your**  
**ambitions**  
**and**  
**work**  
**harder.**



YOU CANNOT  
REALLY  
SUCCEED

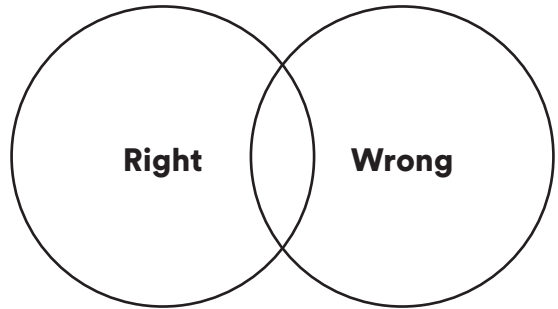
IN  
THIS  
PRACTICE

BECAUSE

IT'S  
NOTHING

TO  
SUCCEED  
WITH

**There is no:**



**There is only work.**

**Put your  
hand**



**in your  
pants**



***IS IT  
WARM?***



**If not, then you're  
not working!**



**Once**

**you redistribute**

**your own**

**habits**

**you will be able to fly**

*feel*



**DON'T WORRY,  
IT'S JUST DANCE**

*faster*

**WORK**

WORK



**HIGH  
FREQUENCY:  
TITITITITITITI  
TITITITI  
TITITI**



**The  
Groove**

**WITH**

WITH

Put the  
weight  
in  
your  
feet  
not  
your  
head

MAY THE BUTT  
BE WITH YOU!



*Think about your  
breathing  
as dancing*



**CONTINUE MOVING  
BACKWARDS**

**INTO THE FUTURE**

THE → RE

**Det**

A → RE

**rör**

NO SH

**sig**

ORT C

**inte**

U → TS

**en**

**meter**

**Try to change  
something,  
anything**

**and then  
counter it with  
something else**

**GET**

**TO**

**THE** 

**!**

**STAY  
IN IT.**





***Be faster  
in order  
to be slow***



*I could  
watch it  
forever*

**BRAAAAAA!**  
**BRAAAAAA!**  
**BRAAAAAA!**  
**BRAAAAAA!**  
**BRAAAAAA!**  
**BRAAAAAA!**  
**BRAAAAAA!**  
**BRAAAAAA!**  
**BRAAAAAA!**  
**BRAAAAAA!**  
**BRAAAAAA!**  
**BRAAAAAA!**  
**BRAAAAAA!**  
**BRAAAAAA!**  
**BRAAAAAA!**  
**BRAAAAAA!**

*Thank  
You!*

JUST  
WORK

**YOU**

**CAN**

**OUT**

**WHENEVER.**



*Allt är som det ska.*

**Der blir som  
det ska**

---

*Allt är som det ska.*

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det ska**

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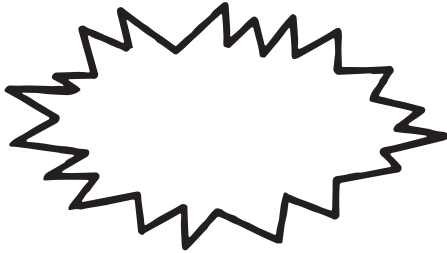
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*Allt är som det ska.*

**Der blir som  
det ska**



**You  
need confidence**



**to have  
confidence**

**OFTEN IT IS  
ONLY AFTER**

**TAKING A  
DECISION**

**THAT ONE  
CAN START**

**TO FEEL  
WHAT ONE**

**REALLY  
WANTED**

**..KISSA  
Für dich**



**SEE YOU TOMORROW**

”Anna, this might be a stupid question but I have to ask: What’s the point ? I mean life wise, what is the point?”

”To turn around and walk through life backwards. So that the meaning of things only becomes crystallized with distance on the horizon. And then, the point is to become a beat up old leather sofa, so comfortable that everyone wants to sit in it.”

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**DOCH**

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