

Transcription for the Audio Description Version of DNA: Disability Not Ability

[AD: Trigger warning: Images: Flashing Lights, Bright Colors, Moving Images, Glitching Images]

[AD: Language: Mild Profanity, Subliminal Reference to Suicide Ideation, Accounts of Ableism]

[AD: Sounds: Distorted Sounds, Occasional Loud Sounds]

[AD: Futuristic Ambient Music Fades in]

[AD: An animated graphic appears with the title DNA moving in pieces, in a green neon font.]

[AD: An image of Vanessa is to the right in a distorted diamond shape.]

[AD: Other moving parts are present making it feel futuristic Screen fades to black]

[Vanessa begins to speak: It started out with a dream]

[A loud echoing dream]

[AD: Another animated graphic appears with the title DNA moving in pieces, in a yellow neon font.]

[AD: An image of Vanessa is to the right in a distorted diamond shape.]

[AD: The Chapter title "Decoy" is displayed at the bottom.]

[A loud echoing dream]

[Rumbling in my veins, what a rush]

[AD: Vanessa appears to lying on the floor surrounded by gears.]

[AD: Hanging on the walls is an abstract industrial looking piece of art.]

[The echoing of leaves on a stage]

[AD: In the corner there is a constant dark ocean wave moving.]

[Rustling in the depths of my synapses]

[AD: Vanessa is sadly shifting around slowly moving herself in towards her disabled body.]

[The rest of this earthly world fades as a new world emerges out of the ashes]

[AD: Vanessa shifts her body upwards.]

[The only escape from a reality that denies all that I am]

[AD: Screen fades Clip of a dream like setting appears. Vanessa is opening a door that has flowers and vines all around.]

[AD: Her arm is adorned with a similar vine wrapped around with a long shimmery sleeve.]

[AD: As the door opens the clip cuts to the room inside.]

[AD: The room is small filled with vines and lights on the floor that are fading on and off.]

[AD: Screen melts to show Vanessa now appearing in this room.]

[AD: She is wearing a flowery leotard with a sparkly light blue skirt.]

[Ambient music continues as a gentle piano fades in]

[AD: She is standing in ballet 3rd position, En bas looking to the diagonal.]

[AD: She begins to move one arm gently up and down and then circles her arm around her head.]

[AD: She then brings that arm down and moves it towards her torso and brings it around again to touch the wall with vines.]

[AD: She shift to move her other arm around her head and then shifts to move her other arm down]

[AD: and it extends it towards us to bring her upper body down towards her legs.]

[AD: She gracefully comes back up by circling her upper body and then she circles her arm to her torso and then extends her arm out towards us.]

[AD: A mirror image of her face appears shifting to the side.]

[AD: Vanessa turns her body away from the center of the screen as a mirrored screen appears.]

[AD: She shifts towards the wall with the vines and then contracts her torso away from the wall.]

[AD: She lowers her extended arm to bring it back up towards her torso.]

[AD: She shifts her body to face the wall with the vines.]

[AD: She is gently caressing the vines and then extends her arm towards us as she looks up to the diagonal corner.]

[AD: She then shifts to front front moving her arms like a gentle breeze.]

[AD: she then circles her arms in opposite direction to have them met in the middle, to create a circular shape.]

[AD: She then extends both her arms out opening the circle.]

[AD: A purple monochromatic clip of Vanessa appears. Shifting her gaze curiously around.]

[AD: Then the dark moving ocean waves appears, layered with a translucent clip of her.]

[AD: There is a haunting red light casting shadows on her face.]

[Piano Fades]

[AD: Clip fades to the empty room with the vines around the walls.]

[AD: The room is lit with a deep pink light. There are blue roses slowly falling.]

[AD: The clip fades to Vanessa gently closing the door with the vines. Screen Fades.]

[Ambient music fades]

[Vanessa Begins to Speak: Feeling the sharp mocking edges around my fingertips]

[AD: The same animated graphic title DNA is shown now with a pink neon font.]

[Eerie music fades in]

[AD: The next Chapter title is "Glitch". It is displayed at the bottom.]

[Feeling the sharp mocking edges]

[my gaze witnessing moments against time]

[fingertips feel weak and fragile]

[impatient edges ringing in my thoughts]

[AD: Vanessa appears on the floor this time her leg braces are visible.]

[Skin pulsing and begging to devour the salt from my tears]

[AD: She is shifting around looking defeated and lost.]

[No matter how much I scream and shout injustice]

[I only witness their fragility]

[God forbid I hold back for their comfort instead of holding them accountable]

[I prefer to be villainized because injustice is barely holding on by a thread, who else will confront their fragility?]

[I've cried in large empty crowds, empty as it can be, my cries met with stares with the coldest hands]

[Lying on the ground, I've cried oceans; finding others swimming, mockingly while I sank further, into the deep dark depth of my ocean]

["Can't I just be amongst the stars?" Rip me away from this agony of their disbeliefs]

[their condescending pity gaze]

[AD: There was a clip of Vanessa embracing her leg braces.]

[AD: In red, she is sitting looking at the gears on the ground.]

[if I create work that doesn't fit the mold of their ableist-inspirational-porn gaze]

[It becomes an unshareable, unthinkable, uninspired deficit]

[God forbid I create something beyond my identity]

[AD: She grasps at them.]

[AD: and looks longingly up. She then pours the gears on herself.]

[AD: The next clips interchange of her on the floor, a close up of her leg braces, and pieces of gears.]

[The churning echoes repeats the metal feeling heavier]

[I don't fit in I don't fit into the mold]

[I float in the ether consumed by the deadlights]

[because capitalism feeds on insecurities]

[my insecurities and anxiety trembling at the mercy of the majority]

[Eerie music fades as glitchy abstract music takes over]

[AD: A yellow lit door opens, with some burlap ribbon on it.]

[AD: Vanessa has some of that burlap around her hand as she is opening the door.]

[AD: The clip shifts to an empty yellow lit room that is transforming and distorting on both sides.]

[AD: Clip shifts to two panels of Vanessa in the same room with an entrapment of strings that is limiting her movements.]

[AD: Each panel starts to move to the left to disappear.]

[AD: Leaving the dark moving ocean waves as the background.]

[AD: Another panel appears]

[AD: She is moving in stillness. shifting around in the maze of strings.]

[AD: She is trying to find ways to go around them.]

[AD: as she is continuing her mission this panel shifts to the left to disappear.]

[AD: Another panel enters the screen.]

[AD: She is now moving her arms in spirals and jolting her movements making it feel glitchy.]

[AD: This panel begins to shift away as another panel appears.]

[AD: She is now swiping the floor repeatedly with some of the strings.]

[AD: She abruptly looks up, and then slowly grabs the doorknob.]

[AD: She then get up to look towards the right.]

[AD: As she begins to swipe her leg back and forth the panel begins to shift away to disappear.]

[AD: Next three panels appear.]

[AD: In each panel, Vanessa is moving in glitchy ways that emulates the feeling of being tied down.]

[AD: She is holding on the walls, moving the strings over her head, shifting her body side to side.]

[AD: As she continues, all the panels are shifting slightly as if the ocean is cradling them.]

[AD: As each panel begins to shift to the side, Vanessa, in the middle panel,]

[AD: begins to shift her weight to the front as if trying to break free.]

[AD: The last panel begins to shift to the left.]

[AD: One panel appears in the center.]

[AD: Vanessa is pulling on the strings.]

[AD: She then begins to turn her head sharply and then lets her arm become loose.]

[AD: Panel glitches to her creating a spyglass with her hand and then looks through it.]

[AD: She moves her body in circular motions.]

[AD: Clip glitches and then she holds her neck]

[AD: and then lets go to begin to move her arms in rapid gestures]

[AD: at the same time she is shaking her head “no” in various intervals.]

[AD: The movements become more chaotic]

[AD: and then she closes the burlap ribboned door.]

[AD: Screen fades to black]

[Music Fades]

[Vanessa Begins to speak: Disability is not ability]

[eerie music fade in]

[AD: The same animated graphic title DNA is shown, now with a blue neon font.]

[AD: The next Chapter title is "Roots".]

[AD: It is displayed at the bottom.]

[Disability Not ability.]

[AD: Vanessa is sitting leaning against a wall that has an abstract tapestry. She is looking around listlessly.]

[it is the root of who I am erase disability to your comfort]

[but you hold no power over me]

[not anymore]

[AD: With blue lighting; she was shown with futuristic makeup on & was holding her leg brace.]

[AD: Clip goes back to her sitting looking sad.]

[I am not a person with a disability]

[my personhood isn't separate from my disability]

[Disability is my DNA]

[DNA from my greatest ancestors who crawled, who fought, who rejoiced when justice prevailed]

[I am my disabled ancestors wildest dream]

[I am my Mexican ancestors wildest dream]

[I am a disabled powerful Mexican American Woman]

[I am indeed more than my survival]

[I am not your fucking inspiration that you can tune in at your leisure]

[I am not here for you]

[AD: Different clips were shown of her in various futuristic aesthetics and moods.]

[AD: The next clips show her on the floor embracing her leg braces with clips showing her taking ownership of her identities.]

[Watch me as I drown into the fires of life]

[the darkness blankets the ever-shining stars. Which is why I don't fear the darkness]

[I'll shine the way for disabled generations to come]

[I am disabled with all its darkness and light]

[My dreams will continue to change the world]

[Slight teasing laugh]

[You're not ready this]

[AD: Screen fades out screen fades to a green lit door with burlap ribbon and an art piece in the center with studs shaped into a "V" with paint dripping down.]

[Echoing Voice: 3]

[AD: Her wrist is wrapped with a spiky studded ribbon and has a shimmery long sleeve on.]

[Echoing Voice: 2]

[AD: She begins to open the door.]

[AD: A green lit room appears with other studded abstract art pieces hung on the walls.]

[Echoing Voice: 1]

[AD: The screen begins to shift to a purple lit room where the camera is turning towards the adorned walls.]

[AD: All the paint on the art work is glowing.]

[AD: Screen shifts to a closeup of Vanessa looking at us fiercely and then looks away.]

[Slow siren sound fade in]

[AD: Clip goes to the dark ocean but this time it is glowing in green.]

[AD: Then she appears to be sitting on her walker]

[Deep bass beats fade in and out]

[AD: Then the green glowing ocean appears again]

[AD: A closer clip of her sitting on her walker fades in]

[AD: Then the green glowing ocean appears again]

[AD: A clip zooming into Vanessa sitting & posing on her walker appears]

[AD: Various clips of Vanessa flashes into the screen in her fierce presence.]

[Lyrics: I got, I got, I got loyalty]

[AD: The glowing green ocean appears again.]

[Lyrics: I got, I got, I got loyalty inside my DNA]

[AD: and then a clip zooming in on her sitting on her walker appears as she is slowly undulating her upper body bringing her hand into a fist as she leans forwards]

[AD: Vanessa quickly circles her head as her hair whips around and the rest of her body follows in this circular motion.]

[Lyrics: I got loyalty, got royalty inside my DNA]

[Lyrics: I got war and peace inside my DNA I got power, poison, pain, and joy inside my DNA]

[AD: she is wearing a studded jacket with a rhinestoned bralette and a black skirt.]

[AD: As she rotates around the room she stops and looks at us]

[AD: And then a clip of her appears as the camera continuously pans up and down.]

[Lyrics: I was born like this, since one like this, Immaculate conception. I transform like this, perform like this, was Yeshua's new weapon]

[AD: She is moving her arms quickly and sharply.]

[AD: This clip shows her walker named Pluto.]

[AD: and the colors are distorted making it feel glitchy.]

[Lyrics: I don't contemplate, I meditate, then off]

[AD: She has her eyes intensely fixed towards us as she continues to undulate her body.]

[Lyrics: This that put-the-kids-to-bed]

[Lyrics: It's the I got, I got I got, loyalty, got royalty inside my DNA]

[AD: A clip of her appears this time with a shimmery long-sleeve mesh shirt and rhinestoned bralette.]

[Lyrics: I got war and peace inside my DNA I got power, poison, pain, and joy inside my DNA]

[AD: She is continuing to move in smooth and synchronized ways.]

[Lyrics: I was born like this, since one like this, Immaculate conception. I transform like this, perform like this, was Yeshua's new weapon]

[Lyrics: I don't contemplate, I meditate, then off]

[AD: Shifting from sharp to smooth movements.]

[AD: The next clip is a reversal of the previous clip in a purple lighting.]

[Lyrics: This that put-the-kids-to-bed]

[Lyrics: It's the, I got I got I got]

[AD: Clip shifts to Vanessa sitting on her walker with a “matter of fact” gaze.]

[AD: Vanessa is facing the wall pushing and falling on the wall repeatedly.]

[Lyrics: I got loyalty, got royalty inside my DNA]

[AD: A fierce clip of her face appears.]

[Lyrics: I was born like this, since one like this, Immaculate conception. I transform like this, perform like this, was Yeshua’s new weapon]

[AD: She is now dancing again with her walker; shifting side to side.]

[AD: A blurry clip of Vanessa appears dancing with her walker.]

[Lyrics: I don’t contemplate, I meditate, then off]

[AD: The blurriness disappears as she undulates her body.]

[Lyrics: I got loyalty, got royalty inside my DNA]

[AD: Moving around with her walker and fiercely dancing with her walker.]

[Lyrics: I got war and peace inside my DNA I got power, poison, pain, and joy inside my DNA]

[AD: Clips of Vanessa standing with confidence as she looks front and then looks away.]

[Lyrics: This that put-the-kids-to-bed]

[Lyrics: It’s the, I got I got I got]

[AD: Various clips are shown of Vanessa]

[AD: back in the room with vines, then in the room with strings,]

[AD: then glowing green ocean]

[Lyrics: Royalty, Royalty]

[AD: and then her standing in the purple lit room looking confident and fierce.]

[AD: Last clip shows Vanessa closing the door]

[AD: as the art piece, in the center with studs shaped into a "V" with paint dripping down,]

[Lyrics: I got loyalty, got royalty inside my DNA]

[AD: screen melts away.]

[AD: Disability Not Ability DNA]

[AD: Screen Fades, Credits Roll]

[AD: Dance Film By]

[AD: Vanessa Cruz IG: GALAXIESDANCE]

[AD: Dancer, choreography, videographer, producer, director, editor:
Vanessa Cruz]

[AD: Collage/Mixed Media
Vanessa Cruz]

[AD: Digital Artist]

[AD: Kianna Peppers IG: CRYSTALK25]

[AD: Music Selection:]

[AD: "Mesa" Benjamin Wallfisch & Hans Zimmer]

[AD: "Mariage d' Amour" Chopin]

[AD: "A Message" Cities Last Broadcast]

[AD: "She Saw God Watching Through Her Window" Arigto]

[AD: "Isolation Journal" In Quantum]

[AD: "Odyssey" In Quantum]

[AD: "I Will Go to War" Tessa Thompson]

[AD: "DNA (Remix)" Kendrick Lamar]

[AD: Accessibility Components]

[AD: Closed Captioning by Vanessa Cruz]

[AD: Audio Description & Audio Describer Vanessa Cruz]