

H2DANCE

Information Pack

STAGING AGES



Concept & Choreography Heidi Rustgaard & Hanna Gillgren

The new work from H2DANCE developed over a series of residencies in six venues across three countries; DansiT, Trondheim Norway, Riksteatern, Karlstad Sweden, Trestle Arts Base, St Albans, DanceEast Ipswich, The Place London and Pavilion Dance South West, Bournemouth with dancers and non-dancer / performers of all ages.

Staging Ages

Staging Ages is an intergenerational dance performance in collaboration with 5 performers aged between 8 and 70. The work explores people's behaviors in various life stages and sits at the

intersection of dance, theatre and performance. Dignity, expectations, prejudices, norms and taboos and free will are the central themes we interrogate. The project premiered at Arenan Karlstad, Sweden in May 2015 and in London at The Place in October 2015 .

The work is in collaboration with renowned dancer / choreographer Professor Emilyn Claid (one of the pioneers of contemporary and experimental dance in the UK with a career that spans over 50 years), and rejoining the team are Darren Anderson (some shows may be understudied), Laura Doehler alongside young dancers Honey Codrington-Makwana, Sandro Gillgren Bonfanti, Sean Dodgson and Ella Sophocliides. Regular collaborator Andy Hammond has designed the lights and composer Sylvia Hallett has created the music and sound design.

The performers react to each other through a tightly structured improvisation, where unpredictability is central. Positive and negative actions, agreements and misunderstandings all unfold during the various encounters we witness on stage. We have developed this work so that each of the performers has a palette of physical questions and answers they go into these encounters with. This creates a system that makes it possible to react intuitively to the material and the other performers they meet in the space. The performers dance with each other, take over and break into each other's roles. Slowly, a fixed pattern establishes and a collective movement vocabulary emerges and becomes evident as 'the norm', a pattern they become stuck in, where they no longer have the ability to react to what is happening around them.

What is the transition from child to adult and from adult to older person? What are the norms, conventions and societal expectations surrounding each age? We see the performance as an honest insight into the different generations' perspectives on life, and each other.

H2DANCE creative style & influences

H2DANCE's work sits in between performance and dance and can be characterised as interdisciplinary, often taking a humorous approach to serious subject matters. Some recurring themes are group behaviours, conformity, power and manipulation. The notion of the group versus the individual, the public and the private is investigated through mediums such as movement, voice and video performed in and outside of the black box.

The piece examines the performer audience relationship, aiming to communicate directly with the audience, engaging in thoughts around human existence in contemporary society. The choreography stems from the performers reactions and responses to systems, rules and game structures. The work is often juxtaposing humour with darkness, surface with underlying tension, perhaps not immediately recognisable to the audience however revealing itself throughout the performance.

Basic logistic information

- 7 on the road
- 8m x 8m x 5m (height)
- Same day get-in possible

About the Company

H2DANCE (founded in 1999) presents the joint choreography of Artistic Directors Hanna Gillgren (Sweden) and Heidi Rustgaard (Norway). Together they produce provocative performance work that addresses political issues with humour and emotion. The company works in collaboration with interdisciplinary teams and local communities to create evocative performances that challenge and respond to the audience.

Staging Ages premiered at Arenan Karlstad, Sweden on 22 May 2015 and at The Place, London on 16 & 17 October 2015 and since toured the UK, Sweden & Norway.

This performance contains scenes of full nudity and is suitable for audiences of 12 years upwards.

Contact for all tour & residency enquiries

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