

PROTEIN – A LA CARTE

(IN)VISIBLE DANCING

A runaway success in Birmingham, Doncaster, Dublin, Kingston upon Thames, Southend on Sea and Coventry in 2010 and 2012, (In)visible Dancing returned in 2014 in Bath, Canterbury, Cardiff and Rovereto, Italy, in Bristol and Canterbury in 2016 and a special bigger edition for Hull UK City of Culture 2017.

(in)visible Dancing is a dance theatre response to built and social landscape of a city.



(In)visible Dancing

“The essence of what City of Culture should be - diverse, inclusive and quality. I stood transfixed with joy”
Martin Green – Director of Hull UK City of Culture 2017

(In)visible Dancing is an extraordinary performance intervention, bespoke to each location, perfect for festivals, community celebrations, carnivals, shopping centres. Adaptable to surroundings and circumstances, working indoors and/or outdoors, it has broad appeal and is attractive and enjoyable for people of all ages and walks of life. The project also offers valuable professional development opportunities for local groups and performers.

Dancers dressed in everyday clothes, blend in with shoppers and local people and over the course of a week their actions become more visible as more dancers and musicians join in. This process culminates in a large-scale Finale bringing together all the local groups involved and every members of the public who have learned the flash-mob routine.

“they were just randomly dancing ... and you don’t know which ... people are going to join in, and you (are) just looking around wondering what is going to happen next”

Audience members

CAST & INFO

5 Protein Dancers

6 local dance apprentices

5 local musicians

1 local project coordinator

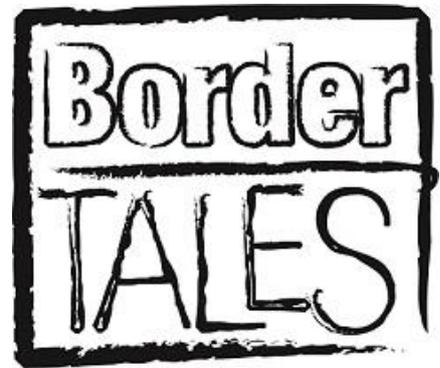
5 to 12 local dance groups, parkour, skateboarders, fitness, community groups

Duration – 1 to 2 weeks – with twice daily 30mins performances

Videos: <http://www.proteindance.co.uk/productions/special-projects/invisible-dancing/>

BORDER TALES

A thought-provoking yet poignant commentary on multicultural Britain through dance, live music and dialogue compiled from the performers' personal experiences. Border Tales looks at post-Brexit Britain seen through the eyes of an international cast and gazes satirically on stereotypical thinking about migrant outsiders and bigoted homelander. The show deals with tolerance and the space between people.



"This year's restaging of the show is a necessity to provoke and increase our capacity to talk and share stories of migration." Luca Silvestrini

Six dancers and a musician from around the world are brought together to explore the 'Welcome' they find in Britain. Words, comedy and dance, ranging from moving solos to powerful and uplifting group sequences, are used to tell their stories. The piece takes ideas of identity and stereotype and views them from different perspectives and through the eyes of others.

"Superbly stage and performed"
The Telegraph

"Excellently performed... Border Tales is a big, brave, cacophonous attempt to show what it means to live in multicultural Britain today"
The Guardian

"Protein shares with us stories and scenarios that make us laugh, cringe and reflect"
Londondance.com

★★★★ Everything Theatre
★★★★ Bachtrack
★★★★ Morning Stars

Commissioned by: Bath Dance, ICIA Bath, DanceEast, DanceXchange, Dance Manchester, The Place.

CAST & INFO

6 Protein Dancers

1 Protein Musician

2 Technical crew

Presented front-end

Duration – 80mins

Video of the 'in-the-round' version: <http://www.proteindance.co.uk/productions/touring-productions/bordertales/>

MAY CONTAIN FOOD

An immersive piece of witty dance theatre inspired by social occasions and life at mealtimes, this vocal and dance experience investigates our relationship with food by observing roles, situations and rituals in a show curated by Luca Silvestrini and composer Orlando Gough.



Both cast and audience come together in a dining environment to provoke thinking on the sensory, cultural and social implications of food. All music and sound is performed by the cast a cappella as they sing for their supper. Scenes include examining the sensual properties of a cherry tomato; an elegy sung by a granddaughter for her grandmother's terrible baking; and the way that we sometimes can't help being tempted to help ourselves to another person's leftovers. Its unique nature and setting opens up the possibilities of music, dance theatre and the immersive experience, blurring the boundaries between art forms and creating a humorous, accessible, must-see event that provides a new way of engaging current and new audiences.

"the tone of the production throws some perfectly aimed barbs at the weirdness, excess and complacency of today's foodie culture"

The Guardian

CAST & INFO

8 Protein Performers

2 Technical crew

Presented in the round as a restaurant set up – 80-100 capacity

Duration – 80mins

Video: <http://www.proteindance.co.uk/productions/touring-productions/food-and-voice/>

MAY CONTAIN FOOD **MAY CONTAIN YOU**

A self-contained show with a cast of two, specially adapted for rural touring and alternative performance spaces. Inspired by Luca Silvestrini's original critically acclaimed production of **May Contain Food**

Transforming your local hall or venue into a pop-up restaurant, audience are invited to sit around decorated tables to watch, savour and digest the performance that unfolds around them. The audience is invited to bring their own food and drinks and help the performers to collectively bake a scrumptious sticky ginger pudding. As the heady scent of spice and lemon fills the air, Protein's charming and multi-talented hosts win audience affections with a playful mix of dance, song and humorous monologues. With a raffle orchestrated by the performers during a choreographed 'interval', this sumptuous evening makes the audience smile while reflecting on the curious relationship we have with food.

"Gough's witty libretto boils subjects down to their essence: 'Eat this! Don't eat that!'"
Financial Times

CAST & INFO

2 Protein Performers

1 Technician

Presented in the round as a restaurant set up – 80-100 capacity

Duration – 80mins

Video: <http://www.proteindance.co.uk/productions/touring-productions/food-and-voice/>

Venue's bar/café may remain open throughout the show

MAY CONTAIN YOU

A sister adaptation for older people's care settings is also available. May Contain You is presented as a workshop/performance that encourages gentle participation.

CAST & INFO

2 Protein Performers

1 Stage Manager

Duration – 80mins

Video:

<https://youtu.be/br0wffTNIq4>



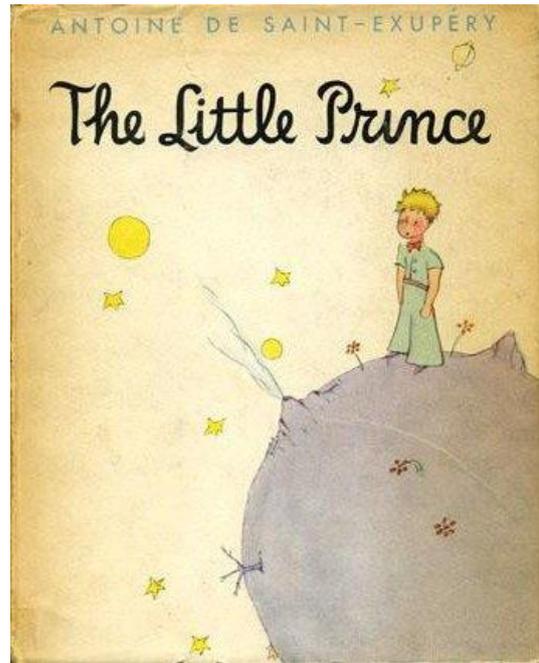
THE LITTLE PRINCE

Protein's new show, co-commissioned by The Place and DanceEast, and co-produced by The Point and Warwick Arts Centre

Protein will create a touring show based on best-seller *The Little Prince* by Antoine de Saint-Exupéry for the whole family and suitable for children aged 4-5+.

The Little Prince urges its audience to look at the world through one's heart and to reconnect with the child that's in us all. Written during the second world war, the novella highlights the absurdities of the world ruled by adults through a child-like fantastical narrative.

With themes touching on love, friendship, art, environment, politics, economics, and power, *The Little Prince* is an evocative story that can touch young children as well as older siblings and their parents in diverse and meaningful ways.



"I am fascinated by the idea of retelling a well-known story that can engage the whole family, a theatrical experience that both the young and the less young can share and enjoy together."

Luca Silvestrini



CAST & INFO

3 Protein Performers

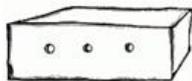
2 Technical crew

Presented front-end

Duration – 60mins



The show will preview at the Point in the autumn and premiere at DanceEast, Ipswich during the holiday season 2018 and start touring on 2019. Most suitable for family audiences during school breaks.



For more information and booking, please contact:

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All shows can be presented with accompanying audience development activities and schools' programme, for more information, please contact:

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