COMPAGNIE SYLEX SYLVIE BALESTRA

Grrrrr

DANCE SOLO - RITUAL
Ages 3 and up



***Grrrrr* is a dance solo for ages 3 and up, performed inside a circle, very close to the audience. It is a danced ritual in which animal figures appear, made of pelts, furs and feathers. The body is transformed by striking ornaments, creating a range of hybrid creatures with a dancer's legs. Gentle, grotesque and magical at once, this ritual takes us back to the origins of dance through a playful, anthropological approach. A joyful, wild experience, *Grrrrr* invites everyone — children and adults alike — to get moving in a great final dance.**

ANIMALS & ANIMALITY

Animals are familiar to children, who know them well even if they have never seen them in real life. Books, films, fables and shows reveal their many secrets to them. This theme, very accessible for young children, allows the dancer to explore as many different worlds as animals are evoked, drawing on a wide palette of movements ranging from the extremely gentle to the extremely energetic.

Animality is also everything we no longer allow our domesticated bodies to do: breathing heavily, shaking, rubbing, crawling and giving free rein to our movements.

Grrrrr is not afraid of the grrrrotesque!

Animals have always provided an imaginative medium for transgression and catharsis, representing either what we would like to become or what we fear. For children, they offer both a mirror and an endless space for projection.

CIRCLE AND MAGICAL RITUAL

The dance is contained within the 3-metre diameter circle formed by the children. The choreographic writing uses the three dimensions of space:

1. **Ground level** — crawling, creeping and rolling over (monitor lizards, caterpillars, hibernating animals)
2. **On all fours** — felines, bears, frogs
3. **Upright** — horse, hooved animals, birds

The dancer does not imitate any particular animal, but explores different ways of moving and their dynamics, allowing everyone to form their own interpretation. She transforms from a wild animal into a more domesticated creature, before finally becoming a bird.

The dancer is very close to the audience. Children will discover that dance can be minimal, only involving a tiny part of the body (eyes, the mouth, hands), or, on the contrary, engage the whole body in the sheer joy of movement.

This closeness creates a sense of connection between the dancer and the audience.

The ritual dimension is an important part of this dance: gathering in a circle and sharing this magical moment. By watching, the children bring the dance to life and accompany the dancer through her many transformations.

At the end of the dance, all the animal pelts (shed skins) remain in the centre of the circle, forming a kind of animal totem.

To conclude this joyful and wild experience, Grrrrr invites everyone, children and adults alike, to join in a final dance, continuing the ritual together. The dancer invites the seated children to stand up, hold hands with their neighbours and form a circle. If this circle dance works (listening, attention, rhythm), the dancer introduces movements from her own choreography, gradually building a collective dance in which all the children move together to the same rhythm.

Solo for ages 3 and up.

For a theatre venue, or at school physical education room or activity room.

Outdoor performances are possible — to be confirmed with the company.

Duration: 35 minutes

Video recording of the performance on request

ARTS & CULTURAL MEDIATION / EDUCATION

Grrrrr is part of an introduction to the arts in nursery-school (kindergarten) classes. It is an encounter with a choreographer and performing artist.

It is 35 minutes to share together: a magical ritual in which the audience's attention builds the very moment of dance.

A choreographic workshop lasting at least 45 minutes is offered for each class, revisiting the choreographic material of the piece and opening up the children's creativity.

Teachers/educators can prepare the children for the performance around several themes:

ANIMAL & ANIMALITY

Observation and discussion activities, using picture books to explore different animals, their representations and ways of moving (four-legged, two-legged, invertebrates, flying, crawling, strength, slowness, speed, etc.). These can be followed by a gym session exploring the different movements and sounds animals can make.

Visual-arts sessions can also help the class get familiar with the theme.

RITUAL & DANCES OF THE WORLD

Before the performance, one or more sessions can be organised to introduce children to different dances from around the world.

Many dances are performed in circles (African dances, Native American dances, Indian dances, traditional dances throughout Europe, particularly in South-West France and Occitan culture). Everyone dances — men, women, children and older people — at important moments in our lives, such as festivals and celebrations.

Images and book references will be provided by the company in an educational resource pack for these discovery and discussion sessions.

PRE-SESSION WITH THE DANCER: OUTLINE

In the physical education or activity room: floor work, in relaxation and body awareness. The children discover their own anatomy, moving parts of their bodies in isolation and through dissociation.

They explore crawling, moving on all fours, walking and jumping, with the full palette of possible movements through space. They invent their own range of animals with different body qualities and types of movement. A collective improvisation with these animal-bodies will close this group dance session.

This workshop can take place before or after the performance, depending on the artistic project built by the teacher/educator. Even if the session happens beforehand, teachers are encouraged to run the preparatory sessions described above, so that the performance is part of a whole arts and cultural education sequence.

Requirements: a physical education/activity room with a clear floor

Duration: 45 minutes to 1 hour depending on the age/level

A detailed educational resource pack is available

BONUS: PARENT–CHILD WORKSHOPS

Following the same guideline as the workshop for pupils, parents can share a dance session with their child.

Around an all-ages, family-friendly performance, this workshop offers an accessible, playful approach to movement, with no prerequisites.

Requirements: physical activity room with a clear floor — 1 power socket

Duration: 45 minutes to 1 hour



PRESS & MEDIA

TV - Sylvie Balestra, Grrrrr et chorégraphic Workshops - 2019
> https://urlz.fr/ocre

Extract from Grrrrr on Télématin during Les Hivernales – February 2019
> https://urlz.fr/oc8t

Blog- audience feedback on the show

> https://urlz.fr/oc8F

THE RITUAL SOLO TEAM

Choreographer : Sylvie Balestra
Performer : Garance Bréhaudat
Costume design : Lucie Hannequin
Outside eye : Cyrielle Bloy
Sound design : David Cabiac
Lighting design : Éric Blosse
Management & Production : Anne Berger, Gaëlle Marty, Emily Thomas Fray
Communications & press : Marie-Pierre Bourdier - Overjoyed

PARTNERS & SUPPORTS

Production : SYLEX
Coproduction : Fumel communauté avec le soutien du Carré-Colonnes, scène nationale
Ce projet a bénéficié de l'aide à la création de la DRAC Nouvelle-Aquitaine et du Conseil Départemental du Lot-et-Garonne
SYLEX est une compagnie conventionnée par le Ministère de la Culture et soutenue par la Région Nouvelle Aquitaine et le Département de la Dordogne

TECHNICAL REQUIREMENTS

Stage/performance area of 3 m in diameter
Total area: > 70 m², i.e. 8 m x 9 m (contact us if smaller)
The audience sits on the floor in two or three concentric circles; please provide an extra area for removing shoes, in a separate room from the performance space
Cleared stage or room, clean floor free from rough patches, with power sockets (for outdoor performances, please contact us)
Dressing room
Complete blackout not required
Full technical rider available on request

TOURING INFORMATION AND TECHNICAL SCHEDULE

Technical set-up: 2 hours
Pre-rigging may be required beforehand, depending on the technical rider provided
Please organize car/taxi transfer from the railway station to the venue for the performer, who travels with the technical suitcase
School-audience capacity: 80–90 / All-ages capacity: 90 and over, to be confirmed with SYLEX
School and all-ages performances (2 per day maximum)
Please allow 2 hours between the end of the first performance and the start of the second one
2 people on tour (performer and SYLEX staff member)
The work is registered with SACD (Société des Auteurs et Compositeurs Dramatiques)

COMPAGNIE SYLEX SYLVIE BALESTRA

Founded in 2010 around the work of choreographer Sylvie Balestra, SYLEX explores what sets each of us in motion. Working in situ, in public or private spaces, SYLEX shines a light on how human activity affects and shapes the body.

Alongside its own research and creation work, SYLEX works with local territories through context-driven projects and commissioned work linked to geographical, social or symbolic issues. Sylvie Balestra's choreographic writing draws on anthropological observation and on listening to the intimate, unique knowledge held by individuals in motion within working, sporting or geographical communities.

SYLEX develops an art of connection and of attentiveness to the physical body, to the professional and social body. The team sets up research protocols involving local residents or community members through interviews, group activities and workshops, filming, photography, and gatherings. These research protocols lead to choreographic creation work and/or to artworks presented in concrete public space or online.

Choreographer
Sylvie Balestra,
+33 (06) 81 87 93 75
sylvie.balestra@sylex.fr

Production Manager
Anne Berger
+33 (06) 17 42 20 19
anne.berger@sylex.fr

Production Administrator
Gaelle Marty
+33 (06) 49 17 29 94
admin@sylex.fr

Production Administrator
Emilie Thomas Fray
+33 (06) 64 33 58 94
developpement@sylex.fr

Communications & Press
Marie-Pierre Bourdier - Overjoyed
+33 (06) 60 66 36 38
mpbourdier@gmail.com

website : sylex.fr
Registered office : LA MONERIE 24310 PAUSSAC-et-ST VIVIEN

SIRET 505 343 053 000 35 - APE 9001Z - Licence: 2-1037981