

METAMORPHOSIS DANCE COMPANY

MIAMI USA TOUR

JULY 2023

PROGRAMME NOTES FOR BOTH 15 MINS AND 30 MINS

PROGRAMME A - THE 30 MINUTE VERSION

FIRE AND GOLD

Choreography: Peter London

Runtime: 8:00 mins

Music: Creole, The Folks and Roots by Etienne Charles

Soloist: Chinara Bereaux/Isabelle Julien

Dancers: Soleil Blades, Sade Flemming, Sy'mara George, Azara Hosein, Ysabel Kelly-Clarke, Emily-Jane Knox, Emilee Padmore, Sarah Woo Ling

Costume: Ronald Guy-James

WHY TRY

A never-ending cycle of trying to obtain a goal but not being able to quite succeed, so you give up and think to yourself 'why even try?'

Choreography: Isabelle Julien

Runtime: 6:00 minutes

Music: Sofia Sofia by Askjell & Iris featuring AURORA and Vraisemblance by Angèle David-Guillou

Musicians: Josh Watkins, Terry Springer

Dancers: Azara Hosein, Ysabel Kelly-Clarke, Emilee Padmore, Chinara Bereaux and Soleil Blades

Costume: Mia De Peaza

HER!

This dance highlights female empowerment; the strength, power and fearlessness of an "all-female warrior unit", through movements of Indian Contemporary with intricate footwork, sculptures, postures, patterns and synchronicity.

Choreographer: Zidane Roopnarine

Runtime: 4:00 minutes

Music: "Pranavalaya", musical score by Mickey J. Meyer and lyrics by Sirivennela Seetharama Sastry

Dancers: Chinara Bereaux, Sade Flemming, Azara Hosein, Isabelle Julien, Ysabel Kelly-Clarke, Emilee Padmore

Costume: Mia De Peaza

RECHARGE

Imagine a world where energy is a living tangible thing that you can see and grasp, in the palm of your hand; a world where if you lose your energy you must fight to get it back, to RECHARGE because if you have no energy, you'll lose yourself.

Choreography: Emilee Padmore and Anika Robertson

Runtime: 4:00 minutes

Music: Winter by Richard Schrieber

Dancers: Duet: Emilee Padmore and Ysabel Kelly-Clarke/ Sy'mara George

Costume: Mia De Peaza

VOICES

"VOICES" strives to depict any one day in the capital city of Trinidad, Port-of-Spain. It's about the unique voices of the people as they go about their daily hustle and bustle in a frenzy of energy to fulfil their intentions and objectives on the somewhat organized, chaotic streets of the city.

Choreography: Terry Springer

Runtime: 8:00 minutes

Music: Composed by Josh Watkins

Musicians: Josh Watkins, Terry Springer

Dancers: Soleil Blades, Sade Flemming, Sy'mara George, Azara Hosein, Ysabel Kelly-Clarke, Emily-Jane Knox, Emilee Padmore, Sarah Woo Ling, Chinara Bereaux and Isabelle Julien

Costume: Mia De Peaza

Metamorphosis Dance Company dancers US Tour 2023

Chinara Bereaux

Soleil Blades

Sade Flemming

Sy'mara George

Azara Hosein

Isabelle Julien

Ysabel Kelly-Clarke

Emilee Padmore

Emily-Jane Knox

Sarah Woo Ling

Metamorphosis Dance Company Artistic Team US Tour 2013

The Artistic director Nancy Herrera

Assistant Artistic director Terry Springer

Rehearsal director Bridgette Wilson

Administrative support, Costume and Wardrobe Carol Yip Choy and Susan Shurland

PROGRAMME B - THE 15 MINUTE VERSIÓN

HER!

This dance highlights female empowerment; the strength, power and fearlessness of an “all-female warrior unit”, through movements of Indian Contemporary with intricate footwork, sculptures, postures, patterns and synchronicity.

Choreographer: Zidane Roopnarine

Runtime: 4:00 minutes

Music: "Pranavalaya", musical score by Mickey J. Meyer and lyrics by Sirivennela Seetharama Sastry

Dancers: Chinara Bereaux, Sade Flemming, Azara Hosein, Isabelle Julien, Ysabel Kelly-Clarke, Emilee Padmore

Costume: Mia De Peaza

RECHARGE

Imagine a world where energy is a living tangible thing that you can see and grasp, in the palm of your hand; a world where if you lose your energy you must fight to get it back, to RECHARGE because if you have no energy, you'll lose yourself.

Choreography: Emilee Padmore and Anika Robertson

Runtime: 4:00 minutes

Music: Winter by Richard Schrieber

Dancers: Duet: Emilee Padmore and Ysabel Kelly-Clarke/ Sy'mara George

Costume: Mia De Peaza

VOICES

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Choreography: Terry Springer

Runtime: 8:00 minutes

Music: Composed by Josh Watkins

Musicians: Josh Watkins, Terry Springer

Dancers: Soleil Blades, Sade Flemming, Sy'mara George, Azara Hosein, Ysabel Kelly-Clarke, Emily-Jane Knox, Emilee Padmore, Sarah Woo Ling, Chinara Bereaux and Isabelle Julien

Costume: Mia De Peaza

Metamorphosis Dance Company dancers US Tour 2023

Chinara Bereaux

Soleil Blades

Sade Flemming

Sy'mara George

Azara Hosein

Isabelle Julien
Ysabel Kelly-Clarke
Emilee Padmore
Emily-Jane Knox
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