

*Stoppap* DANCE  
COMPANY

# FROCK

Guide





Frock is an outdoor dance work by **Stopgap Dance Company**.

Stopgap creates dance with disabled and non-disabled dancers.



Six dancers perform in Frock.

Frock is performed outside, on highstreets and outdoor spaces in towns and cities.



Frock is about **celebrating that everyone is different**.

It's a bit of a party at times.

Frock questions how people wanted men and women to behave and dress in the past.

With dance, Frock explores:

- Gender
- Who we are
- Relationships

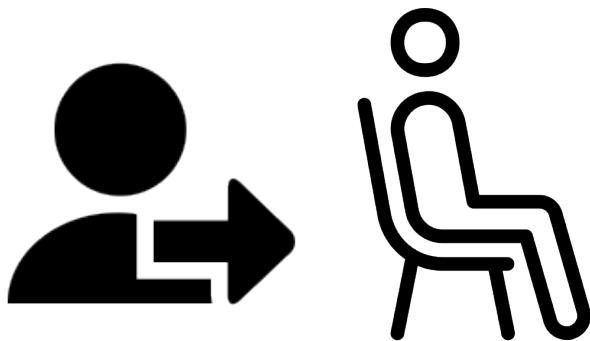


## Performance Information

Frock is **25 minutes** long.  
There is no break.

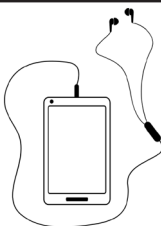


Frock is danced **outside** the National Theatre building on the South Bank. You can watch from all sides of the square performance space.



You can come and go from the show. If you need to leave, it is okay to go and come back.

During Frock, there will be people around who you can ask for help if you need.



A pre-recorded Audio Description is available to download before the performance.



You are allowed to make as much noise as you like.

The dancers really enjoy it when you clap and get excited.



## About Frock

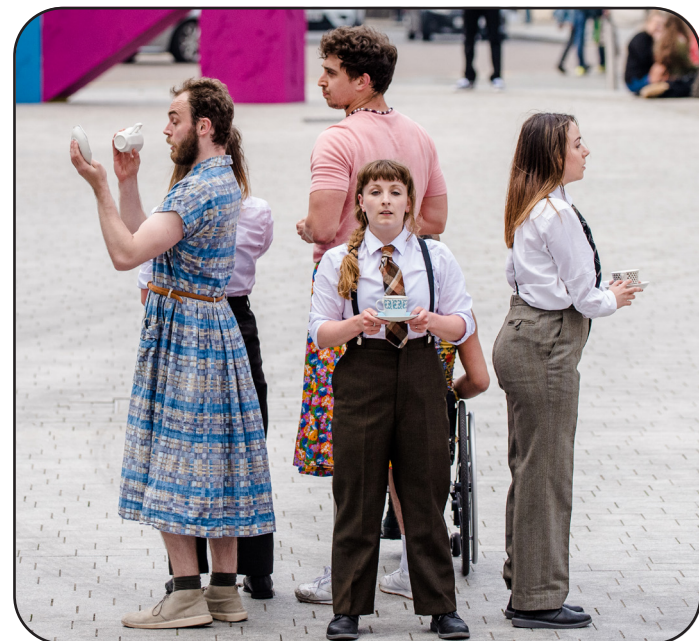
Frock is **contemporary dance**. This is dance that doesn't follow any rules.



Frock was created by **choreographer** Lucy Bennett and the dancers.

A **choreographer** is someone who puts dances together.

Choreography is like a dance puzzle. It has lots of sections of movement.



The dancers are split into two groups.

The **Skirts** - They wear flowery skirts and dresses.

The **Suits** - They wear suits, shirts and ties.



## Meet the Skirts

“Hello I’m Nadenh Poan

I’m a wheelchair dancer

My character is flirty and cheeky.”



“Hello, I’m Christian Brinklow

My character is a bit nervous at the start.

I like being careful.

I join in with the fun though!”



“Hello, I’m Jannick Moth

I enjoy being a Skirt, my character is full of joy.

In Frock we dance with teacups during part of the show.”



## Meet the Suits

“Hello, I’m Emily Lue-Fong.

I am a dancer in Frock and I play one of the three suits.”



“Hello, I’m Hannah Sampson

I’m a learning disabled dancer.

My character is proud and cocky.”



“Hello, I’m Annie-Rose Grantham

I’m a disabled dancer, I have shorter arms.

I enjoy the duets in Frock. Where I dance with another person.”



## The Story

Frock has **four** sections.

Section One is called '**Kitchen Sink**'

This section is about being neat and tidy.

The dance has clear patterns that the dancers follow.



Section Two is called '**Adaptation**'.

Adaptation means changing and getting used to something new.

It is a bit of a battle between the two groups in Frock.

The Suits and Skirts both show-off their moves to each other.



Section Three is called '**Elastic Band**'.

This section has lots of duets. This is where two people dance together.

It is about relationships between people.

It's about being able to choose who you love.



Section Four is called '**Little Collisions**'.

**Collisions** means when things crash together.

It is a party!

The dancers celebrate.

This is a chance to clap and celebrate with them!