



Traces Through Time

Visual Story

About

Traces Through Time is a unique collaboration with Fallen Angels Dance Theatre and New Note Orchestra, this powerful production has been devised with the dancers and musicians in recovery, bringing their life experiences and stories to the stage. Fusing dance, music and spoken word, Traces Through Time explores the complex journeys of recovery including mental health adversity and transformation.

Introduction

How to use this Visual Guide:

You can read through this guide before the performance so you know what to expect

and/or

follow along with the performance.

The show is divided in to sections:

- Beside The White
- The Wood
- Seven Takes
- I'm Sorry
- Angel Wave
- Astrals Journey
- Finale

Each section will include lighting, sound and movement descriptions.



Lighting



Music and Spoken Word



Movement

Remember you can

- move around and fidget
- get up if you need to
- leave the auditorum
- use ear defenders



Content Guidance

Spoken text includes mention of addiction, self harm and abuse.

Who Is On Stage



Fallen Angels Dance Theatre

Fallen Angels Dance Theatre are pioneers in delivering exceptional dance theatre experiences for people in recovery from addiction where they are accepted, valued and reach their potential.

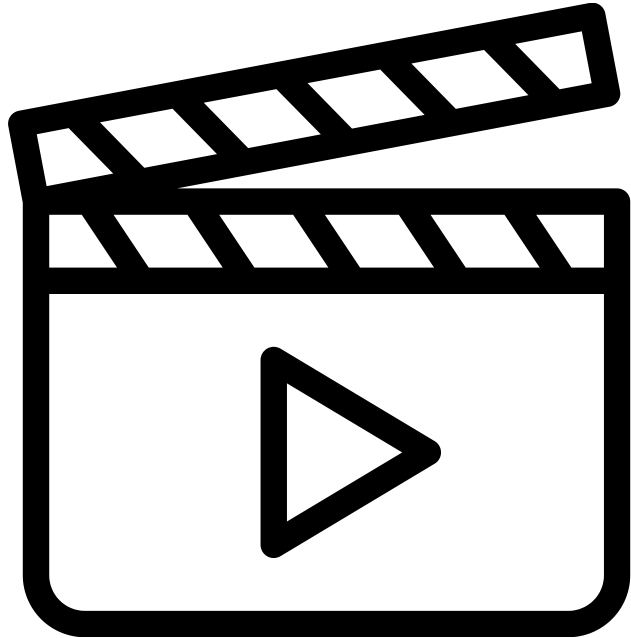
Fallen Angels Dance Theatre was founded in 2011 by Artistic Director Paul Bayes Kitcher and Creative and Strategic Director Claire Morris.

New Note Orchestra

Brighton based New Note Orchestra uses music and storytelling to help people sustain their recovery from addiction. Providing a safe space for people to be creative, build confidence and develop relationships with people away from drugs and alcohol and helping musicians learn new skills and cognitive dexterity.

Documentary Film

Length: 4 minutes



A short documentary style film starts the performance.

Insight to the company and development of Traces Through Time.

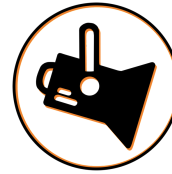
The research process the company went through in Brighton Summer 2023.

Development of activity around Traces Through Time.

How Fallen Angels Dance Theatre and New Notes Orchestra collaborated. Their thoughts and feelings on the process.

Beside The White

Length: 16 minutes



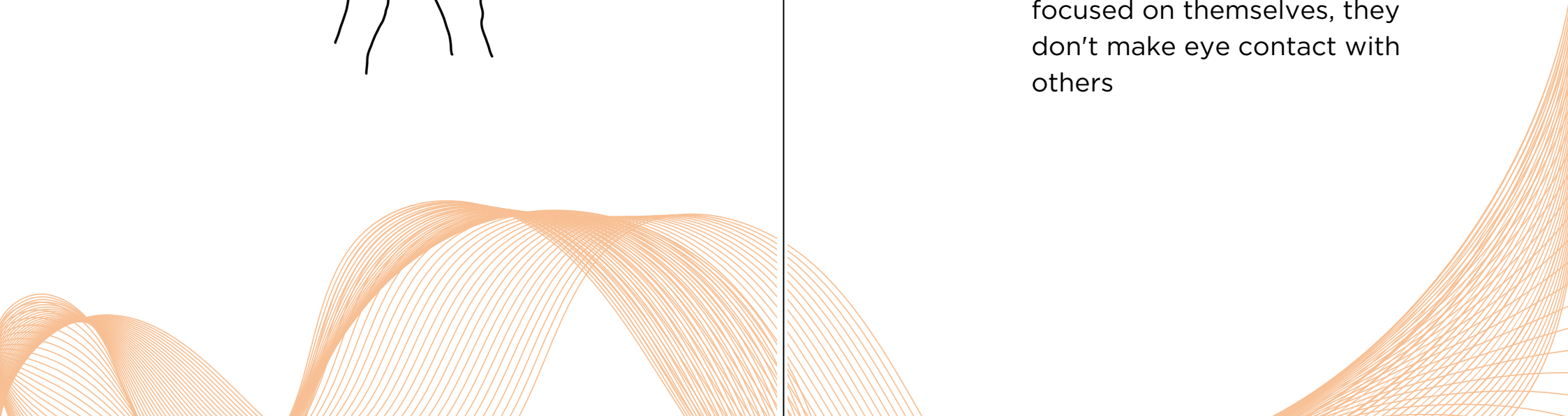
Lighting:
Dancers lit from the front
in white light



Music:
Full Orchestra
Complex Rhythms



Movement quality:
Dancers dance together on
stage, but are insular and
focused on themselves, they
don't make eye contact with
others



Beside The White



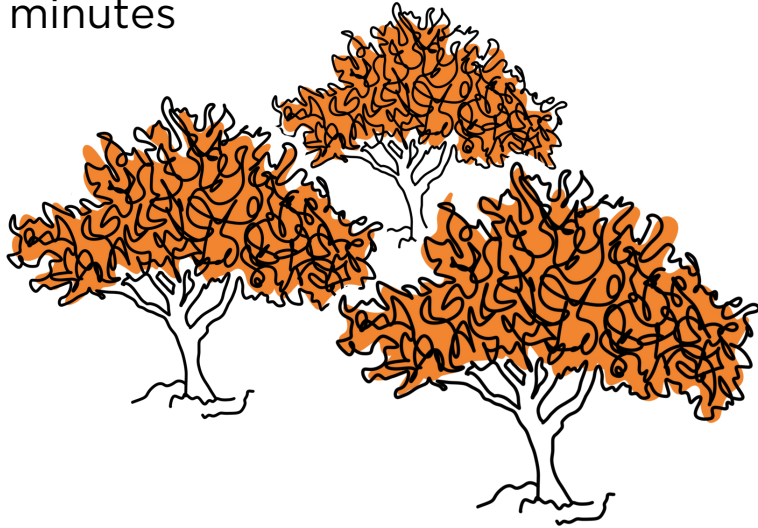
Spoken by: Crispin

Or maybe because of how I was living on the
outside
Or maybe because of what I was thinking on the
inside
Or maybe because I grew up in a family that...
Or maybe because I grew up in a world where...
Or maybe because everything was always kind of
topsy turvy
So many different ways to end up wounded
Cruelty has many faces
Physical, emotional, sexual, verbal
Abuse is a word they use now
Cruelty has many faces
Coercion, conditioning, self-harm
So many different ways to end up traumatised
So anyway, maybe, not surprising then, that
everything keeps getting pushed down

Everything keeps getting pushed down
Everything keeps getting pushed down
And, when you've a hole inside
You can't ever seem to find what it is that you're
looking for
I think I just wanted oblivion
So many different ways to end up traumatised
And, when you've a hole inside
You can't ever seem to find anything that fills it
Cruelty has many faces
And I think I just wanted obliteration
And, when you've a hole inside, you can't ever
seem to find what it is you're looking for
Because everything was always kind of topsy
turvy
And I think I just wanted obliteration
Or maybe because when you've a hole inside
Everything keeps getting pushed down
I think maybe I just ended up wanting
You can't ever seem to find what it is you're
looking for
I ended up just wanting

The Wood

Length: 10 minutes



Lighting:
Red lighting
Creating a feeling of nature



Music:
Drawing on sounds from nature



Movement quality:
Duets

Spoken by: Dawn

...So dreaming and dreaming-up and daydreaming, and waiting for someone to take me away?

Finding ways to pretend, make believe, dressing up from a young age, that was definitely something...

I used to be very much into escapism of sorts.

Maybe taking on different personas, making a whole world that I can just kind of be lost in... that kind of stuff

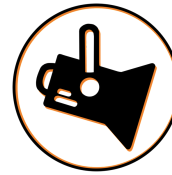
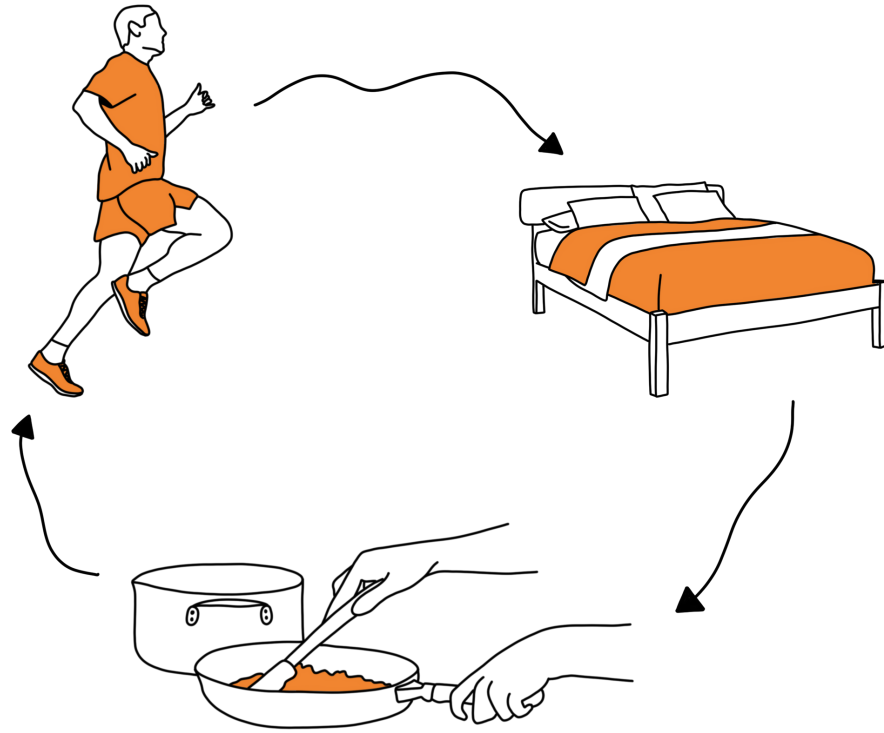
I think it might have been about me trying to sort of muscle-up against the world, and fight back...

... It gave me an ability to lose myself... alcohol...

Lose all sense of myself.

Seven Takes

Length: 8 minutes



Lighting:

Central corridor lit on the stage
Corridor starts narrow and
widens through the section



Music:

Starts very structured
Becomes more chaotic



Movement quality:

3 dancers
Starts very repetitive
Movement becomes
disrupted/stuck

I'm Sorry

Length: 6 minutes



Lighting:
Centre Spotlight on 2 dancers
Widens throughout the section
Cool in colour



Music:
Solo piano
Atmospheric



Movement quality:
An emotional duet starts
together and eventually
drifts apart.
Slow sustained movements

Spoken by: Adele

I'm sorry for your pain,
Destruction, loss and shattered hearts,
To have no control as I watched you melt,
Addiction had your life's free pass,
Relentless disease its momentum fierce,
The thundering strength of alcohols breath,
I'm sorry for your pain,
When in times I had to look away,
For love could never save you,
I'm sorry for your pain,
So I live my life to honour,
The sparkle of your eyes



Angel Wave

Length: 5 minutes



Lighting:

Light source from above

Starts quite dark

Gets brighter gradually



Music:

Atmospheric sound with a
healing energy

Only a few musicians playing



Movement quality:

Slow sustained movements
travelling across the stage.

The wave washes and gathers
the solo dancers.

Then move together as an
ensemble of 12.

Astrals Journey

Length: 6 minutes



Lighting:
Dark and atmospheric
Warm yellow lights



Music:
Full orchestra
Theremin - featured instrument
Other worldly sound



Movement quality:
Ensemble of 10.
Start in solo then move together.
Dancers connect through duets
then gather together in a clump
moving as one.

Finale

Length: 10 minutes

Spoken by: John

I was just falling, falling, falling but now finally I have landed.

There was a little spark - A flicker

I started moving
I think that's where it began

In the breath
I started dancing

It was like a spiral, the point of the spark
It spiraled, a fire within me, a healing light

You can find yourself
If you open that door

Open it out to the world

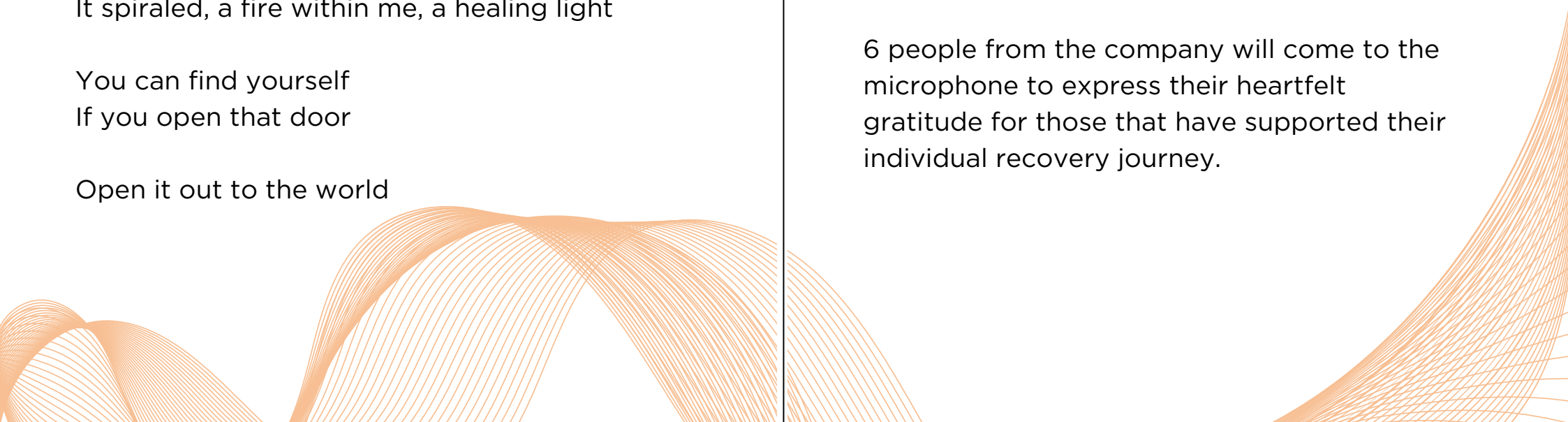
Every single thing that has happened to me,
has made me who I am and recovery has
helped me be
resilient and strong,
kind and generous,

Recovery has taught me to be proud of the
person I am today.

Recovery has given me so many gifts...

I am grateful to be sane.

6 people from the company will come to the
microphone to express their heartfelt
gratitude for those that have supported their
individual recovery journey.



Finale



Lighting:
Bright
Warm



Music:
Full orchestra
Echos from previous sections,
interweave with more
celebratory tones
Builds in energy



Movement quality:
The energy is up beat.
The dancers are connecting.
Echos previous movements and
drawing on their transformative
energy of moving together.

Thank you for joining us!

We hope you enjoyed our performance and wish you a safe journey home.

If you have been affected by any of the themes in tonight's show and would like further support we have some handouts with resources and organisations that can support you.

Please see a member of staff for more details.

