

Everyday Hero is an outdoor dance theatre production performed by an integrated cast of 6 visually impaired and sighted performers – 1 man and 5 women - and 3 tandem bicycles, which are placed and pushed in different ways through the performance. The piece is set to a soundscape of music and sound with a narrative text that tells the story and in part describes the action performed in a space of approximately 20m x 15m.

Everyday Hero is based on an American scholar Joseph Campbell's analysis of myths & legends in 'The Hero with a Thousand Faces,' and the journey of an archetypal hero. This hero is called to adventure and crosses the threshold of the ordinary world to meet and overcome various challenges and return transformed.

Our 6 characters represent this Everyday Hero and have distinctive signature movements that describes how they feel and how they behave when performing alone and in an ensemble . They wear white tailored jackets with different bespoke appliquéd features with either navy blue trousers or navy leggings with short skirts.

WE MIGHT MIX THIS IN IF WE GET SOUND FILES IN TIME ETC

- Vanity moves with measured strides, stuck out chin like she's the best thing – *a confident woman who plays to the crowd often clicking her fingers*
- Fear takes tentative steps just in case, she's scared to look life in the face. – *a woman who shuffles, her shoulders hunched decidedly unsure of what's around her*
- Happiness is all light footed, leaping, soaring and sweeping – *a woman who leaps and jumps around the space, light and bright*
- Bravery takes bold strides, muscles flexed ready to protect – *a woman with big steps who shows us her pecs with pride*
- Frustration's angry twitches, and unscratchable itches – *a man who is angry, irritable and frustrated*
- Hand on chin, Curiosity leans in, eagerly searching for knowledge of everything – *a woman who peers, prods and provokes*

indoors

Vanity, Fear, Happiness, Bravery & Frustration move into the space one by one building their movement together holding hands, touching shoulders interweaving their signature styles, at home doing their everyday thing.

Curiosity remains on the periphery of the space at first pushing a 2 seated bike –then parking it, she circles around the group as they continue to debate and tussel about whether to go or not – Fear's afraid they'll get lost but Bravery's up for adventure.

Curiosity moves into the group and they start to dream about adventure, shown in a series of lifts above their heads. Curiosity flies like a plane, Happiness leaps horizontally into the others' arms and cartwheels away. Fear is lifted in a foetal position, Vanity as if sitting on a throne and Bravery climbs onto shoulders as if climbing a mountain.

Getting Out is shown by two tandem bikes – the door to the flat, placed nose to nose in the space each character move through the door – Bravery leaps over, Frustration moves around, Fear crawls under. The bike wheels lie down for Curiosity to step through, the wheels open for Vanity to stroll through and Happiness the last, leaps over

Through the lift doors 2 tandems vertical on their back wheels open onto a forest of fright where the characters face their worst fears. In this space some are stalked by tandems, others bump into each other and huddle together Vanity meets a magical mirror and Happiness is gripped by a character known as Sadness.

At another point the 5 women join together to make Curiosity's 5 headed monster that moves across the space

Onto the Street the characters start walking, its not long before they separate and Fear gets lost. The signposts point in different directions and she's caught up in rush hour. She tries to stay calm, but steps into the road. A car swerves and Bravery pulls her back just in time.

Onto the tandems

They're finally on the tandems, although its not so easy to start they quickly learn & before long everyone's performing tricks whilst riding – both the back & front riders – and having the time of their lives.

Happiness crosses one leg over the other, over the crossbar & leans back. Bravery's got both feet on the crossbar & stands up & Vanity sits side saddle, turns around & leans back against the front rider.

Its fantastic & they love it.

Back Home everyone steps into their familiar, everyday routine, but they're transformed by their adventures and the excitement of riding the tandems. Frustration's less frustrated and even Fear's got a huge smile on her face.

Other bits n pieces:

Tour so far

Hijinx Unity Festival on 15th & 16th June 2013

Greenwich & Docklands Festival on 22nd & 23rd June 2013

Summer in the City, St Albans, 18th August 2013

Unexpected Festival, Exeter on 22nd September 2013

People

Artistic Director, Karen Poley; Choreographer/Director, Virginia Farman, written by Tracey Hammett; Sound design by Oliver Aylmer, Costumes by Holly Murray, Narrated by Lara Sawalha. The cast are Sophie Arstall, Sarah Caltieri, Amelia Calvallo, Ben Driscoll, Zoe Georgallis, Karina Jones

Funders & Supporters

The show is funded by Arts Council England, in partnership with Wheels for Wellbeing and Awards for All. It is supported by the Thomas Pocklington Resource Centre, Balham and Tru Thoughts record label, and is produced by KP Projects.

For further information about tandem ride opportunities in London for the visually impaired, visit www.wheelsforwellbeing.org.uk

For more info on the tour, please visit www.bicycleballet.co.uk