

at a distance



fern wareham

close your eyes and face the sun.

You know that feeling you get when you close your eyes and face the sun? The light behind your eyelids is so unbelievably bright and the warmth hits your skin and heats you up from the inside. That exact feeling is what I build my solo around. Having spent so much time inside over the past 5 months, I found myself craving this sensation all the time. On the hourly walk I would take daily, I would stop and just search for that feeling. I wanted the time to stand still with me. It was a moment of pure joy. This exploration is me searching for that feeling. It feels really personal and quite exposing, which isn't necessarily a bad thing. It's a small piece of me that's grown whilst everything else has felt at a standstill. This project has helped me have a focus and a reason to move which I am incredibly grateful for. I want to thank all the amazing artists who have worked tirelessly for Coalesce over the last month or so putting all of this together. Their support and belief in the company fills me with positivity and hope. They are all amazing!

somewhere.

I wanted to start from nothing, to explore somewhere new each time I moved. To have new sensations and reasons to move. Being in a new location supported this idea, as I was constantly exploring by taking a new route home, sitting in new place to have my morning coffee, interacting with new people. My solo was set alongside an original score composed of noises recorded during my time in the Netherlands. I used these noises and sounds as if I was experiencing them again, transporting myself back to where I had recorded them originally. Quite early on in the process I decided to keep a bank of recorded or written out improvisational scores or states brought to me by the company members, for which I then explored at different points in my one take film. Where I dance in the film, I have never danced before, nor will I ever dance again. This is a recording of that experience and the beautiful obstacles that came along for the ride.



jemma stein



rachel sullivan

i feel i should explain it to myself at some point.

This solo is the watching, giving space to follow and allowing what I'm following to shift, retract, drop and all between. I unconsciously have been encouraging myself to figure out what I'm trying to say.

Having agency to walk in and out of places, know and unknown, trusting the motion which may say many things including no. All along the process of finding what needs to surface at that moment. The more questions I asked myself the more frustrated I got as this doesn't have a final answer that can manifest in words at the moment. This is just what it is, a bit of me allowing myself to be in that moment

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covehithe.

For our 'at a distance' project, I have been investigating clamness and release in the mind and body, motivated by the current times of uncertainty and unknown, and the stress this was creating for me! My process has involved establishing a mind-body connection through meditation and improvisational tasks, and using this state to find organic pathways of flow and energy through the body. I was also drawn to the movement and sound of the water, which inspired my filming location and sound score of Covehithe beach.



beckie callow



jordan sheard

with thanks to franco.

For the past few months driving (to me) has become a way of seeking the 'normal' again as well as a form of escapism. It has probably been the space I've actually found myself dancing in the most. My solo has been an exploration for my love of those drives, with my favourite playlist blasting and the window down through morning, noon and night. This process has made me realise how intimate a feeling it was/is and it's been a joy trying to find spaces where I can experience the same authentic feeling and capture it. Hence why my short film is a big montaged mish mash of spontaneous moments where I feel euphoric.

Working with the rest of the Coalesce artists has been a dream, to hear their processes and to support them and feel supported. Huge thank you to Fern and Rachel for giving me this virtual space to play!

I would like to dedicate this solo to Nelly Furtado - for creating an absolute masterpiece of a song that makes me feel my fantasy and find my happy place every time I hear it.

With thanks to Franco - My little blue car.

dusk.

My solo contribution for our new digital work 'at a distance' has come from a feeling of finding your feet and searching for comfort in an unknown environment. This is something I felt I have been forced to find quickly over the past few months through a drastic change in my routine. During the filming, the location was one of many that I put myself in to try and discover movement most authentic to this feeling. The warm light and natural soundscape drew me to choosing this location as my final destination, I focused on the last remaining pools of sunlight to find a place of comfort and warmth within my body. Connecting to the ground was most important and literal in terms of finding my feet, whilst taking inspiration from the beauty around me played a part in this ongoing exploration. It has been a wonderful experience to bring together some of the artists from our Coalesce community at such a distant moment but it has truly brought me joy to discover new things with every single one of them.



rachel maffei