



Theatr
lolo



“Am I
dreaming?”

Directed by Jem Treays

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Am I Dreaming? is the title of a dance created for you, our audience, by dancers at Theatr lolo. It is a dance about a young girl facing fearful thoughts and feelings and things that go bump in the night. The question is in the title ... 'Is she dreaming?'

What do you think?

Point 1

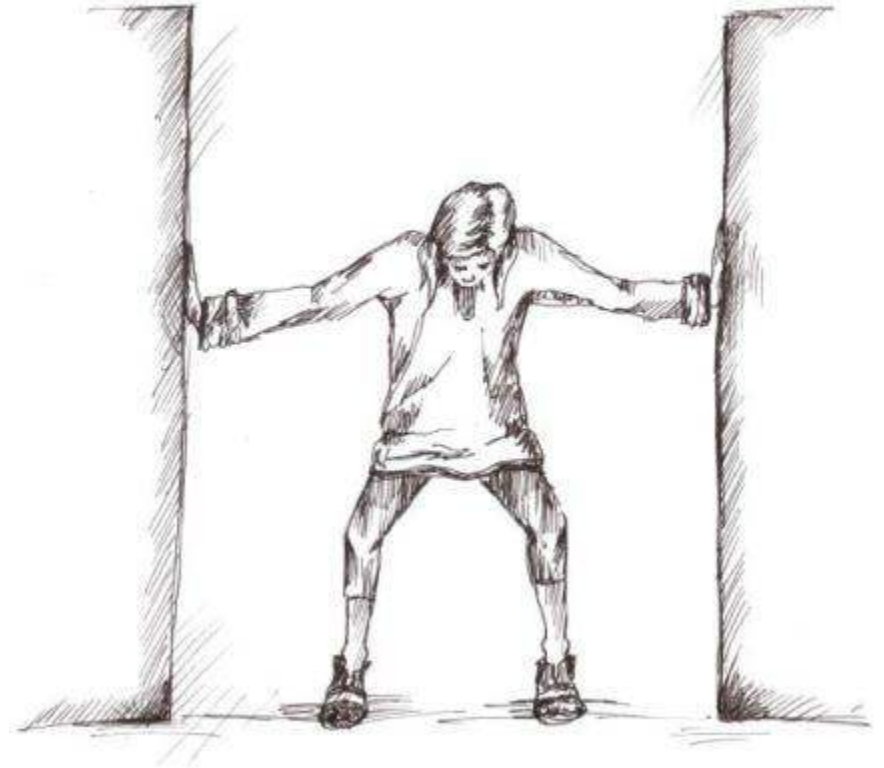


The dancers wondered if YOU ever think about what happens to you when you sleep and dream.

- **What happens to your body when you are asleep?**
- **Do you have any beliefs about sleep?**
- **What happens in your mind when you are asleep?**
- **What do you do before you dream?**
- **Before you go to sleep, what do you hear?**



The dancers imagined a young girl who had entered a room and couldn't get out. They saw a bed and a doll and they asked themselves, who do they belong to? They called the girl, Lucy. She could come in, but what would happen if the way out of the room had disappeared? What if she heard something? What does she hear? Asking these questions helped the dancers to imagine and create their dance.





The dancers explored the light and the dark. They danced through the theatre lights and created shadows. You can make a pinhole of light through darkness. Clench your fist hard and make a peep hole through the middle. Peep through it with one eye. Close the other eye. Loosen your fist a tiny bit. Can you see a speck of light? Slowly, slowly uncurl your fist and see the light pour through. Close it up again and see it disappear.

The dancers talked about light and dark.

Shakespeare speaks of light and dark: *'Earth treading stars that make dark heaven light.'* (Romeo and Juliet)

Try saying his words out aloud, then whisper them and see how you can bring wonder or fear into your voice.

Our language is full of words about light and darkness. Try saying these words...

light dark white blind bright
illuminated light bulbs sunshine
luminous dark beam shine glow
lamps black spotlights impenetrable
stars hidden clear torches dense
candles night time daylight
lights on lights off



ARE YOU SCARED OF THE DARK? DO YOU FEAR IT?

Some people are scared of the dark. Ghost stories build on our fears of shadows and darkness. All over the world people love to share stories that make you jump! What do you think makes a good ghost story?



The dancers found out about ghost stories from another culture. JAPANESE GHOST STORIES! They chose to explore the JAPANESE FOX SPIRIT – KITSUNE. And then Lucy’s story began to grow. Listen to your teacher telling you all about the KITSUNE.

THEN THE DANCERS LEARNED TO DANCE LIKE KITSUNE FOXES

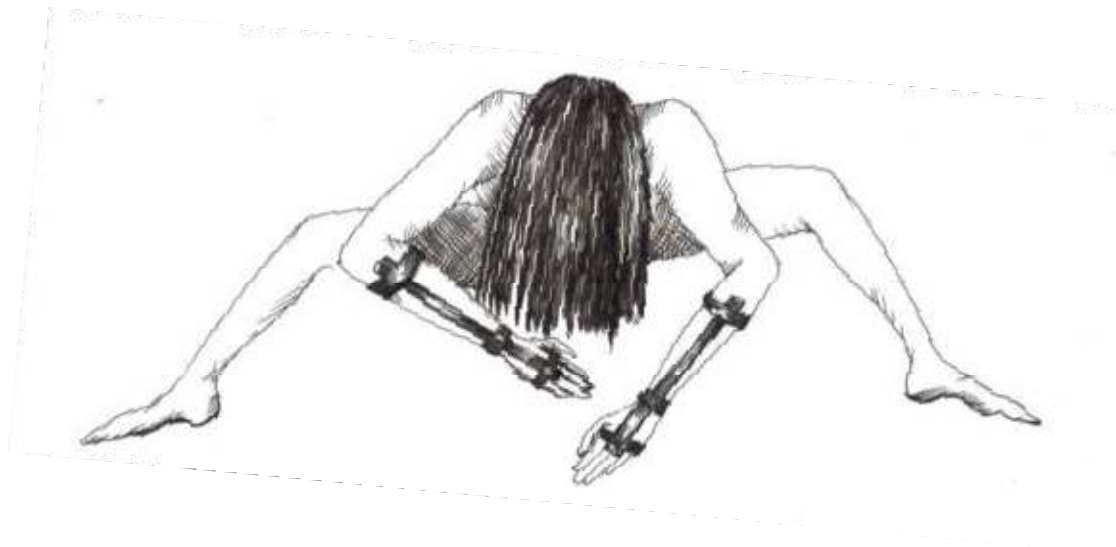
Had they ever seen a real live fox? Have you? They gathered around the computer and looked at real foxes on YouTube. To create fox-like movements posed challenges they had to solve. What do you think these challenges were?



They looked at the fox's four legs. Dancers have two legs. How could they use their arms and be upright instead of crawling about on all fours?

They taped rulers to their arms to stop their wrists moving, so that their elbows became their wrists. They then improvised movement ideas and watched each other.

Could you try the same thing? Move your arms from the elbow not moving your wrists.



COULD YOU CREATE AN ANIMAL SPIRIT?

Can you make up an animal spirit that can transform itself? What tricks can it play on humans? Can it turn milk sour ... make keys melt ... steal slippers ... change into a human being ... sing? What can your animal spirit do?



Point 9

TO START A STORY ABOUT FEAR AND GHOSTS ... LET'S PRETEND ...

One night I closed my eyes to cut out the light. I was blind and ready to dream. Then I woke up in a pitch black room. I was open-eyed in the darkness when suddenly ...

Could you make up the next bit using the animal spirit you have created?

COULD YOU CREATE AN ANIMAL SPIRIT?

What can your animal spirit do?

How would you move like your animal spirit? Can you transform from animal to a human?

If you do create a story, a poem or a drawing please show the dancers at Theatr Iolo. They like a scary story too.



HOW WERE THE SOUNDS MADE FOR THE DANCE?

Listen to the sounds around you ... the sound of breathing ... the sounds outside the window ... the sounds in the other classrooms. What do you hear?

The composer listened to the sounds in the rehearsal room. He listened to the sound of the springs on the bed ... the sound of the dancers breathing ... the dancers laughing and talking ... their feet on the floor. He then recorded these sounds to get live samples to use for his composition.



Point 11

Koto

New sounds were created from these recordings on his computer, and pieces were written using music sequencing software. He then recorded live instruments ... such as guitar ... bass ... Japanese flute ... koto ... bringing together the final score used by the dancers in *Am I Dreaming?*