



DANCEWORKS PERFORMANCE MKE

FIGHT

or

flight

Oct. 30 -31 and
Nov. 5 - 7, 2021



danceworks



UNITED PERFORMING ARTS FUND

A blue-tinted photograph of two ballet dancers in ornate costumes. One dancer is kneeling and holding the other's hand, who is leaning back. In the foreground, a close-up of a smiling woman's face is visible, looking towards the left. The background is a light blue gradient with some white curved lines.

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Milwaukee Ballet, Itzel Hernandez &
Davit Hovhannisyanyan, Photo by Tom Davenport.

Milwaukee Ballet, Marie Collins,
Photo by Mark Frohna.

DANCEWORKS PERFORMANCE MKE

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Artistic Direction: Christal Wagner

Choreography: Christal Wagner in collaboration with the dancers

Music: Sam Mullooly

Lighting Design: Colin Gawronski

Costumes: Miranda Levy

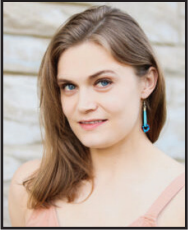
This project is supported in part by a grant from the Milwaukee Arts Board and the Wisconsin Arts Board with funds from the State of Wisconsin and the National Endowment for the Arts. Danceworks is a proud member of the United Performing Arts Fund.



Premiere Concert Sponsorship: Anonymous

Artist Sponsorship: Bob Balderson

FROM DANCEWORKS' ARTISTIC DIRECTOR



In early 2020 I noticed that my body was giving me signals and sensations that I could not ignore. I experienced numbness, tingling, ringing in my ears, forgetfulness, memory issues and chronic pain. I am happy to report that generally I've recovered from these sensations and am on a healing journey, however, at the height of my discomfort I had a neurologist ask me if I was stressed out. I reported confidently to him that stress was not an issue for me. As a result I having no detectable neurological disease, I was dismissed to adapt to my new reality without a diagnosis or direction to go in. At the time, I was getting plenty of rest and feeling very little anxiety even though there was a pandemic all around me. Time passed and I learned through reading about the fight or flight response that my subconscious mind may have been experiencing residual ripples of unacknowledged and suppressed stress that presented as a result of rarely allowing my body to enter into a parasympathetic state.

My research on this topic lead me to listen to an interview with an individual that claimed to have retrained her nervous system response by using her sense of smell to signal to her subconscious mind that she was in fact in a safe environment. Through her senses she rewired her brain to enter more frequently into a rest and digest state of being. She talked of the Fight or Flight response and its effects on the subdivisions of the nervous system. Up to that point I had considered myself a very self aware individual and while self aware I was disconnected from any self regulating practice or mindfulness.

During the height of the pandemic I was listening to one of my favorite podcasts, Radio Lab. They reported and cited several studies of Post-COVID Syndrome that recorded autonomic nervous system dysfunction in 59% of their patients. A shockingly high number of people were going through the same thing as I was, yet each likely had their own silent and invisible battle with sensations. I had wondered who else in my community was struggling with these same silent battles. The preshow audio in today's performance, facilitated by our Danceworks executive director Julia Gray, is a telling of our generous Danceworks community volunteers' own neurological divergence and struggles. Some of these participants are just starting their journey and others have been navigating for decades. Increasingly these participants' stories will not be uncommon ones. We should live in a world where we are ok sharing our own divergence with others, where we don't have to operate in silence and loneliness, and know that there is likely someone else in the room who can relate to our story and allow us the space to turn inward and remind our subconscious and our body that it is safe.

The Program

Pre Show Audio

Sarah Mesa, Jacqueline Rice, Nekea Leon, Katelyn Altmann, Christal Wagner

Facilitator: Julia Gray

Editing: Christal Wagner

How does the body know it's safe?

Danceworks Performance MKE

Film and Sound: Christal Wagner

Music: Rival Consoles

Fight*

Becher, Dorzok, Laurenzi, Leon, Ramirez Castro, Weidner, Sustache, Sivertson, Cole

Music: Sam Mullooly

The Cycle

Danceworks Performance MKE

Film and Sound: Christal Wagner

Music: north-without-end

Homeostasis⁺

Danceworks Performance MKE

Soloist: Dorzok/Cole*

Sympathetic Response⁺

Jihn, Laurenzi* Leon*, Moore, Sivertson*, Sustache*, Robertson, Weidner, Ramirez Castro

Vocals: Elizabeth Blood

Coregulation**

Becher, Jihn, Robertson | Altmann, Seer | Leon, Laurenzi, Morre/Sivertson

Flight⁺

Jihn/Moore, Laurenzi, Leon, Ramirez Castro, Robertson, Sivertson, Sustache

Altruism**

Altman, Jihn | Seer, Robertson

Vocals: Jackie Willis

Generational Stress⁺

Altmann, Becher, Dorzok, Jihn*, Moore, Laurenzi, Leon, Seer*, Sustache,

Ramirez Castro, Robertson, Weidner

Trigger, Response, Recuperate⁺

Danceworks Performance MKE

Soloist: Dorzok

Suppression | Acknowledgment⁺

Danceworks Performance MKE

Soloist: Becher*

Collective Breath

Danceworks Performance MKE

* Performers have significantly contributed to choreography

+ Music: Sam Mullooly

Special Thanks

Thank you to Rogers Behavioral Health, Bob Balderson, 53212 Presents, Danceworks staff, Danceworks Board of Directors, Danceworks Performance MKE Season Subscribers, Colin Gawronski, and all of the artists who helped in the creation of this work.

DANCEWORKS STAFF

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Christal Wagner, Artistic Director

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Artistic Director of Danceworks On Tap

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CONCERT ARTISTS



Katelyn Altmann



Cedar Becher



Chancie Cole



Courtney Dorzok



Alisha Jihn



Gina Laurenzi



Nekea Leon



Kaitlyn Moore



Cuauhtli Ramirez Castro



Maggie Seer



Halle Sivertson



Gabi Sustache



Angela Weidner



Ivy Robertson



Sam Mullooly



Colin Gawronski



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POSY KNIGHT
STEPHANIE M. BARTZ
JERRY STYBERG
JEANETTE ARELLANO



Selection Juror
Kantara Souffrant, PhD

- October 29 Danceteria: Break the Walls opening reception 6-9pm
- October 30 Short Dance Films Series (4:30-6:00 in the Blue Box)
- November 13 Short Dance Films Series
- November 14 Danceteria with Composer Allen Russell LIVE @ WPCA
- December 11 Short Dance Films Series
- December 12 Danceteria with Composer Allen Russell @ 53212 Presents
- December 23 Member Show closes

Pre-register for Danceteria LIVE events at www.53212presents.org. Suggested donation \$10.

In person and zoom participants welcome, no camera required.



Danceworks Performance MKE

Original compositions by Twin Talk

January 27-30, 2022

Next Act Theatre, 255 S Water St.



**Danceworks
Performance MKE**

May 7-8 & 13-15, 2022

Danceworks Studio Theatre

1661 N . Water St.

A photograph of two women in a red dress. The woman in the foreground is looking directly at the camera with a slight smile. The woman behind her is looking off to the side. One of the women is holding a name tag that says "Hello". The word "Sobriquet" is written in a large, pink, cursive font across the bottom of the image.

Sobriquet