FROCK is an outdoor dance work by Stopgap Dance Company.

Stopgap creates dance with disabled and non-disabled dancers.

Six dancers perform in FROCK.

FROCK is performed outside, usually on highstreets and outdoor spaces in towns and cities.

FROCK is about celebrating that everyone is different. It’s a bit of a party at times.

Frock questions how people wanted men and women to behave and dress traditionally in the past.

FROCK explores gender, who we are, and relationships through dance.
FROCK is around 25 minutes long.

FROCK is danced outside. The show takes place inside a square.

You can watch from all sides of the space.

You can come and go from the show. If you need to leave, it is okay to go and come back.

During FROCK, there will be people around who you can ask for help if you need.

You are allowed to make as much noise as you like.

The dancers really enjoy it when you clap and get excited.
FROCK is **contemporary** dance. This means dance that **doesn’t follow any rules**.

FROCK was created by choreographer Lucy Bennett and the dancers.

A **choreographer** is someone who puts dances together.

**Choreography** is like a dance puzzle, with lots of sections of movement.

The dancers are split into **two groups**.

The **SKIRTS** - They wear flowery skirts and dresses.

The **SUITS** - They wear suits, shirts and ties.
Meet the SKIRTS

“Hello I’m Nadenh Poan
I’m a wheelchair dancer
My character is flirty and cheeky.”

“Hello, I’m Christian Brinklow
My character is a bit nervous at the start.
I like being careful.
I join in with the fun though!”

“Hello, I’m Jannick Moth
I enjoy being a SKIRT, my character is full of joy.
In FROCK we dance with teacups during part of the show.”
Meet the SUITS

“Hello, I’m Hannah Sampson
I’m a learning disabled dancer.
My character is proud and cocky.”

“Hello, I’m Alice Shepperson
My character is confident. I like the feeling of being free.
I have really long hair that gets played with during FROCK.”

“Hello, I’m Annie-Rose Grantham
I’m a disabled dancer, I have shorter arms.
I enjoy the duets in FROCK. Where I dance with another person.”
“Hello, I’m Amy Butler

I am taller than the other SUITS. I have short dark curly hair.

I like moving fast and quick during FROCK. I like using lots of energy.”

“Hello, I’m KJ Mortimer

I enjoy dancing in FROCK. We explore lots of things about love and choosing who we love.

This is important to me.”

FROCK goes on tour. This means it’s performed lots of times in different places.

For different shows on our tour, one of the SUITS is danced by different dancers. This is because two of the dancers are mothers and they have young babies to care for.

It is Annie-Rose, Amy and KJ that swap between each show.
Scene by Scene Breakdown

FROCK has four sections.

Section One is called ‘Kitchen Sink’

This section is about being neat and tidy.

The dance has clear patterns that the dancers follow.

Section Two is called ‘Adaptation’.

(Adaptation means changing)

It is a bit of a battle between the two groups in FROCK.

The SUITS and SKIRTS both show-off their moves to each other.
Section Three is called ‘Elastic Band’.  
This section has lots of duets. This is where two people dance together.  
It is about relationships between people.  
It’s about being able to choose who you love.

Section Four is called ‘Little Collisions’.  
(Collisions means when things crash together.)  
It is a party!  
The dancers celebrate.  
This is a chance to clap and celebrate with them!