

# how did we get here?

## Julie Cunningham & Company



Visual  
Story

SADL  
ERSW  
ELLS

Sadler's Wells in Angel  
**Sadler's Wells**  
**Theatre**

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## **Welcome to Sadler's Wells Theatre**

This Visual Story is intended to help prepare you to come and see **how did we get here?** by **Julie Cunningham & Company** at Sadler's Wells Theatre.

Sadler's Wells is a world-leading theatre for dance in London. People come here to experience a wide range of dance shows from contemporary to flamenco, ballet to hip hop, and more.

This Visual Story has information about the show and images to help anyone who may be anxious (or curious) about their visit.

It also has information to help you find your way to Sadler's Wells Theatre.

We hope that this Visual Story helps you to feel prepared for your visit.

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## Outside the theatre

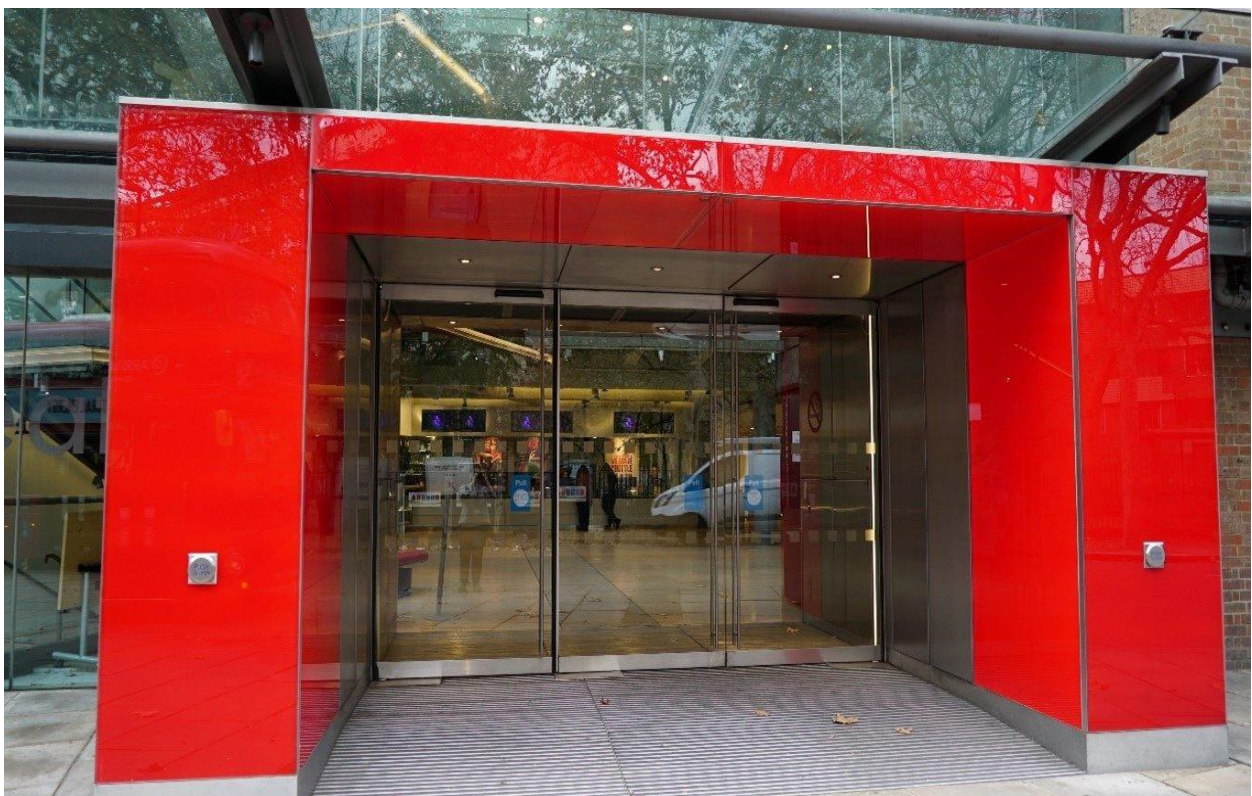


The main entrance to Sadler's Wells Theatre is shown in the picture above, through the glass doors under the red archway.

The theatre is along Rosebery Avenue in Angel, London and is part of the building we call Sadler's Wells in Angel.



If you come down Arlington Way, you will see Sadler's Wells posters on the side of our building. To find the entrance, take a left.



To enter the theatre foyer, go through the glass doors under the red archway.

## Inside the theatre



When you enter the theatre, you will see the Ticket Office straight ahead of you. This is where our team can answer any questions you might have about the show itself or help with finding your tickets. Your e-ticket(s) will have been sent to you by e-mail from [tickets@sadlerswells.com](mailto:tickets@sadlerswells.com) shortly after you booked.

There are red chairs and sofas on this level where you can relax before, during and after the show.



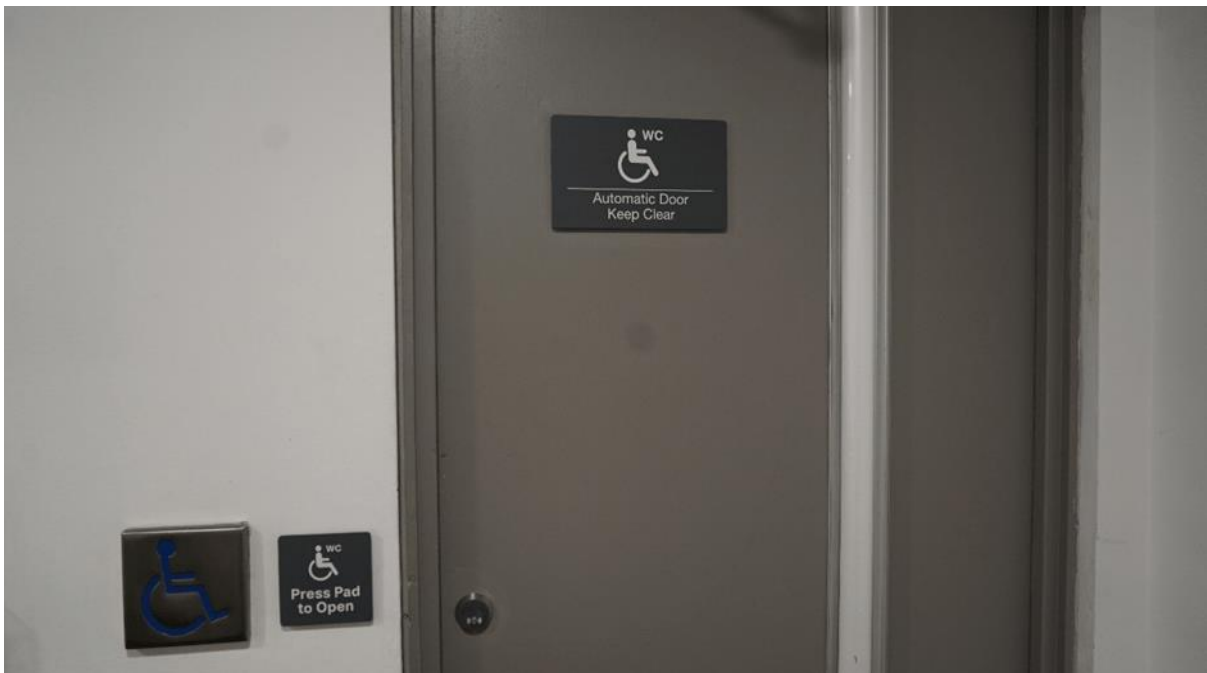
There is a bar where you can buy snacks such as crisps, nuts, sandwiches, or drinks. There are water jugs at the end of the bar where you can get a cup of water or fill up your reusable bottle for free.

Food or hot drinks are not allowed in the auditorium (where the show is performed), so please finish anything beforehand or save it for afterwards.

The foyer area might be quite busy and noisy with people chatting, drinking, and snacking.

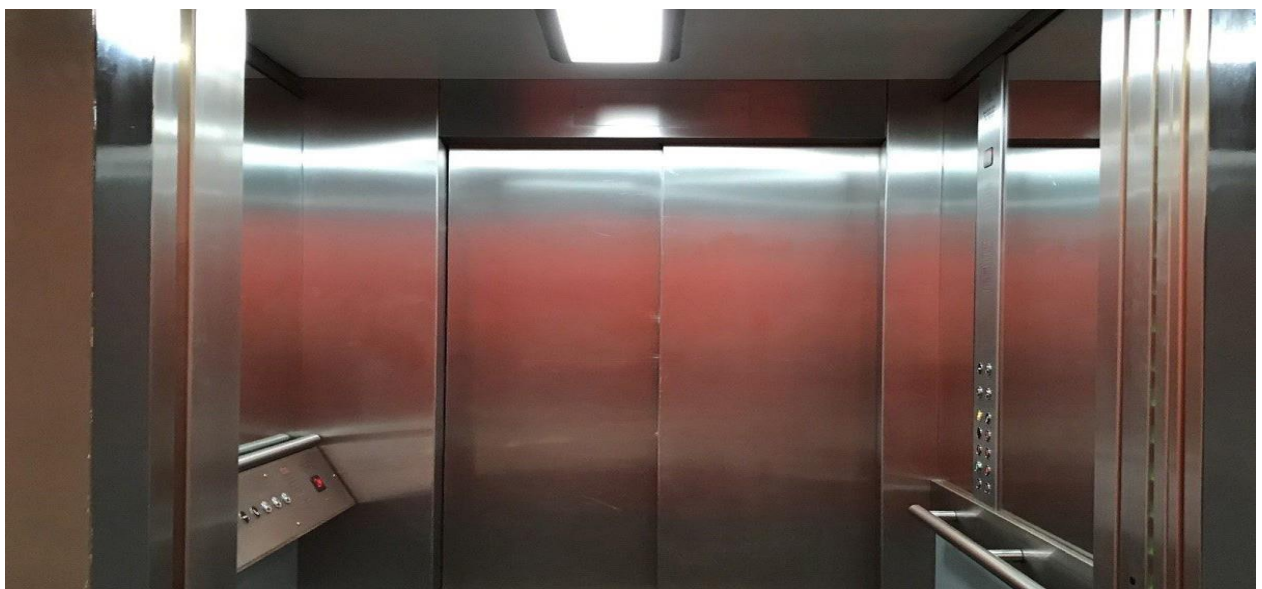


You can find toilets by going down the stairs at ground level to the basement. There are accessible toilets on all levels with baby changing facilities.





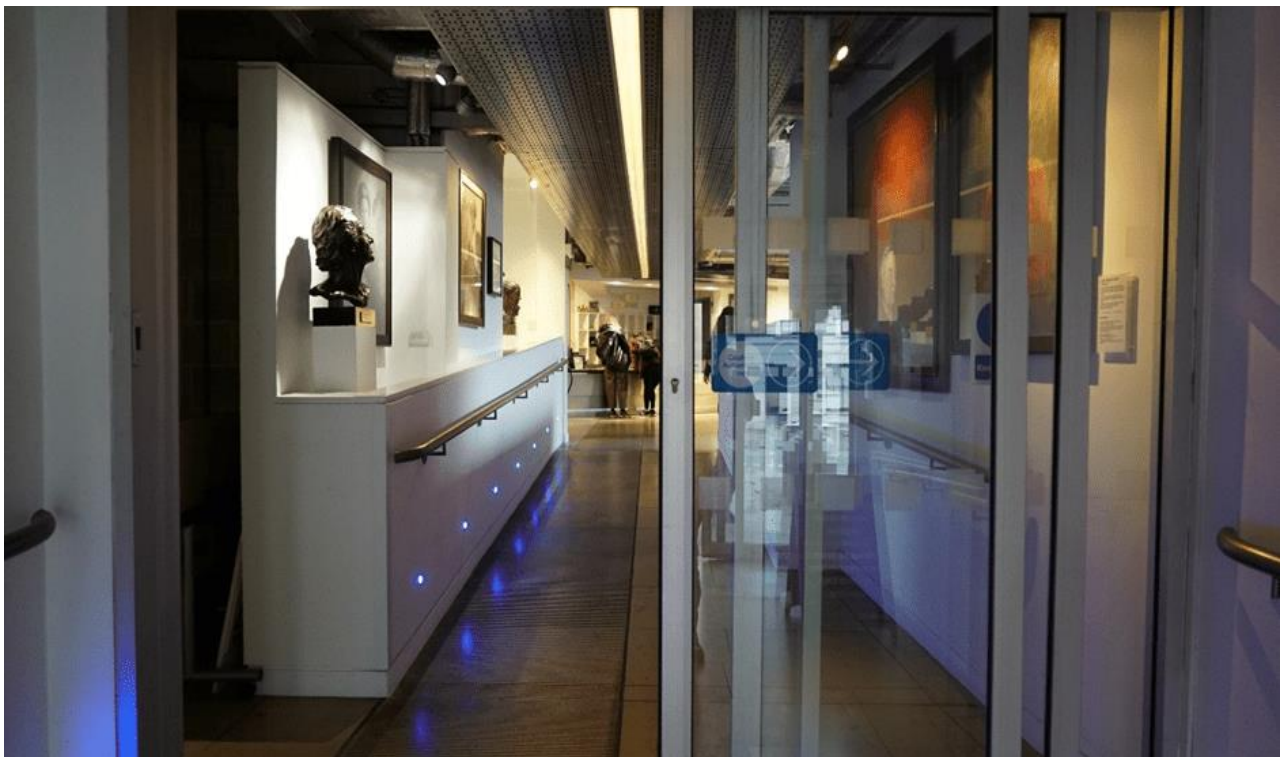
If you need lift access, you can find the lift down the corridor opposite the bar. The lift can take you to the basement for the toilets and cloakroom, and to the Mezzanine level for the Chill-Out Spaces. The accessible toilet at foyer level is next to the lifts.







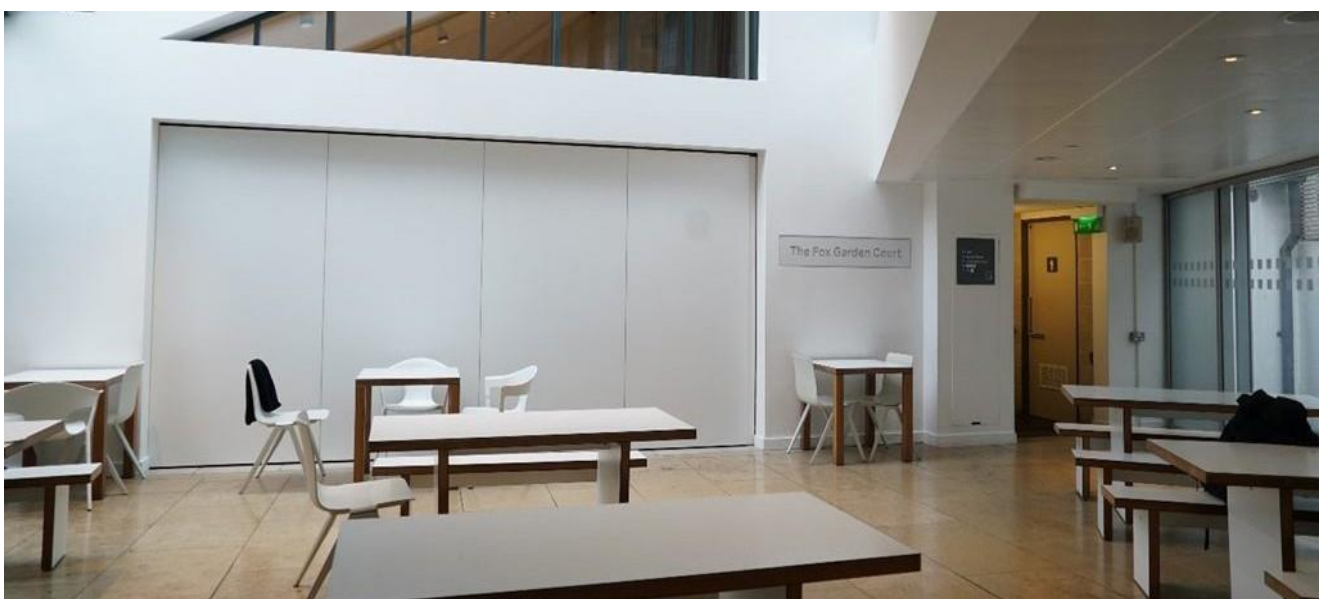
You may also like to go to the Fox Garden Court Café where hot and cold meals and drinks are served.



Walk through these sliding doors towards the Stage Door Reception.



Turn right past Reception and into the café. You can buy food and drink from the café and relax here before the show starts.



## Sadler's Wells Auditorium



To enter the auditorium, go up the steps opposite the bar in the foyer and through the grey double doors. Our team of ushers will check your ticket and can help you to find a seat.

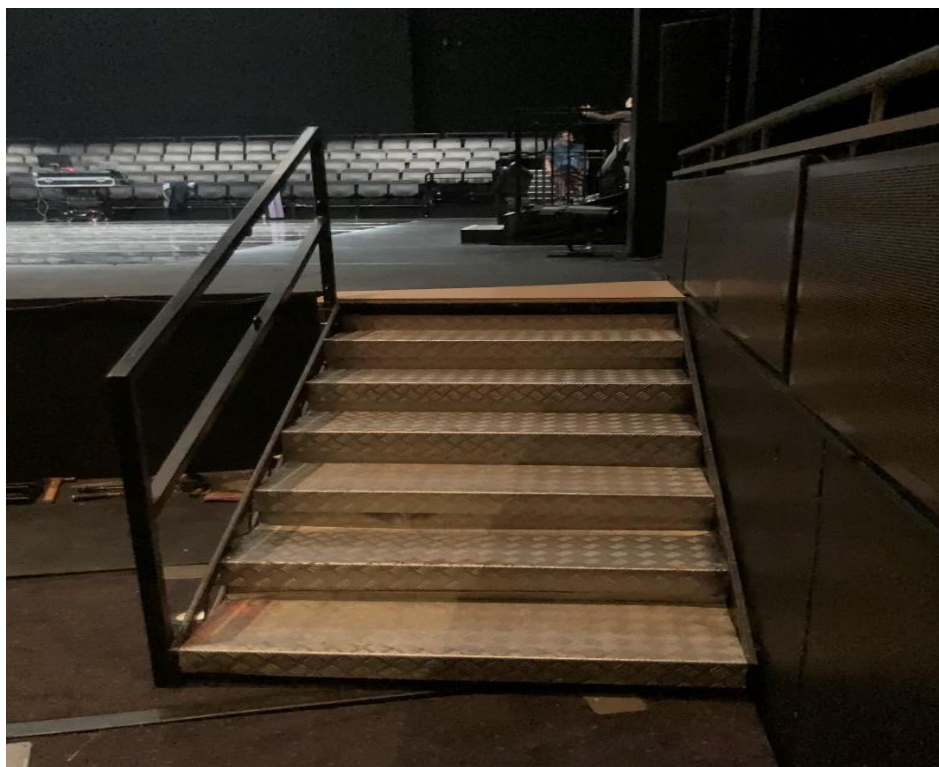
If you are a wheelchair user, or are accompanying a wheelchair user, please ask a member of staff to show you to the designated wheelchair spaces either on stage or in the Stalls.

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If you would like to be on-stage, a member of staff will lead you to the wheelchair spaces by going through Stage Door Reception, into the lift to stage level and then through the backstage area on to the stage.

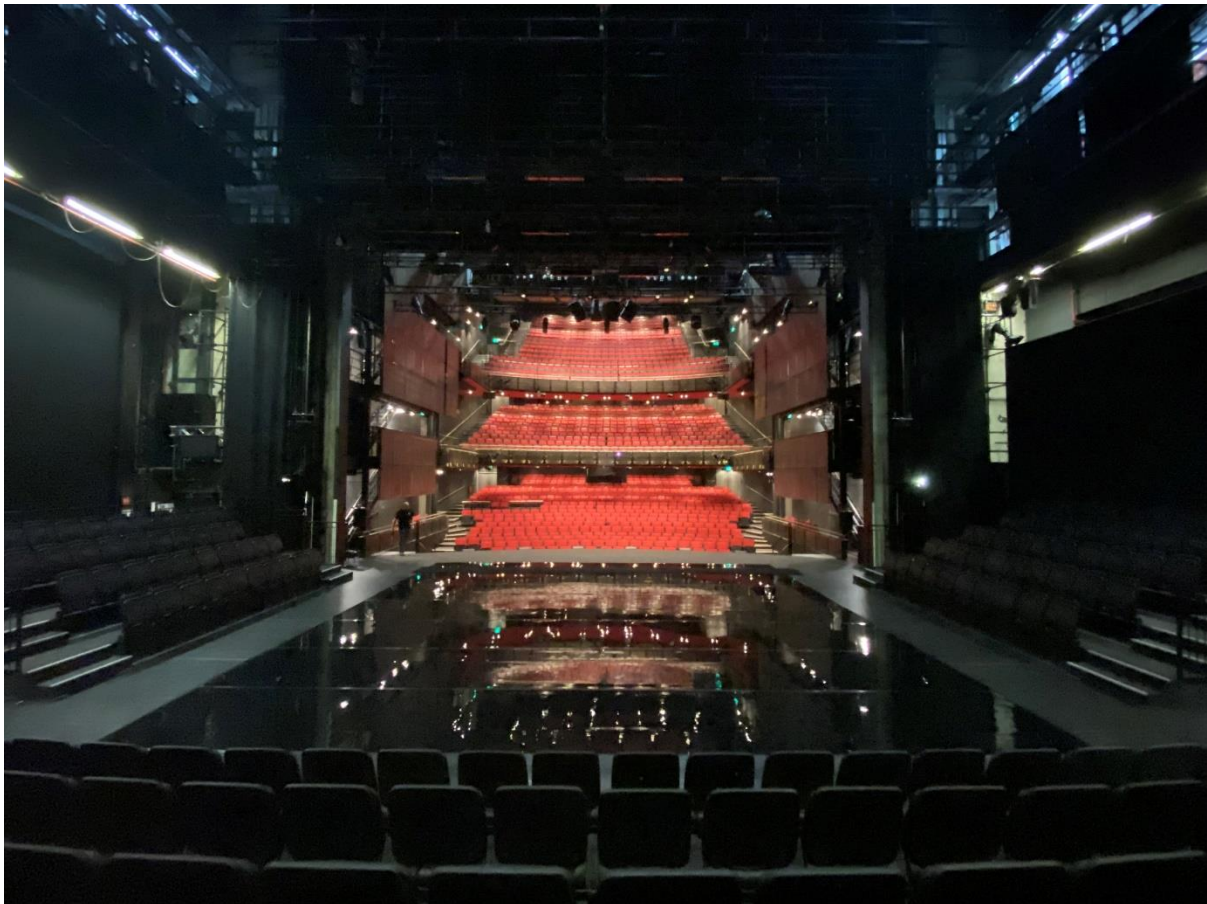
Other people will be taking their seats too and it may be busy and a bit noisy.

There is step-free access to the auditorium by going down the corridor next to the bar and past the lifts. Our team of ushers will be able to direct you. There are 7 steps to get onto the stage.



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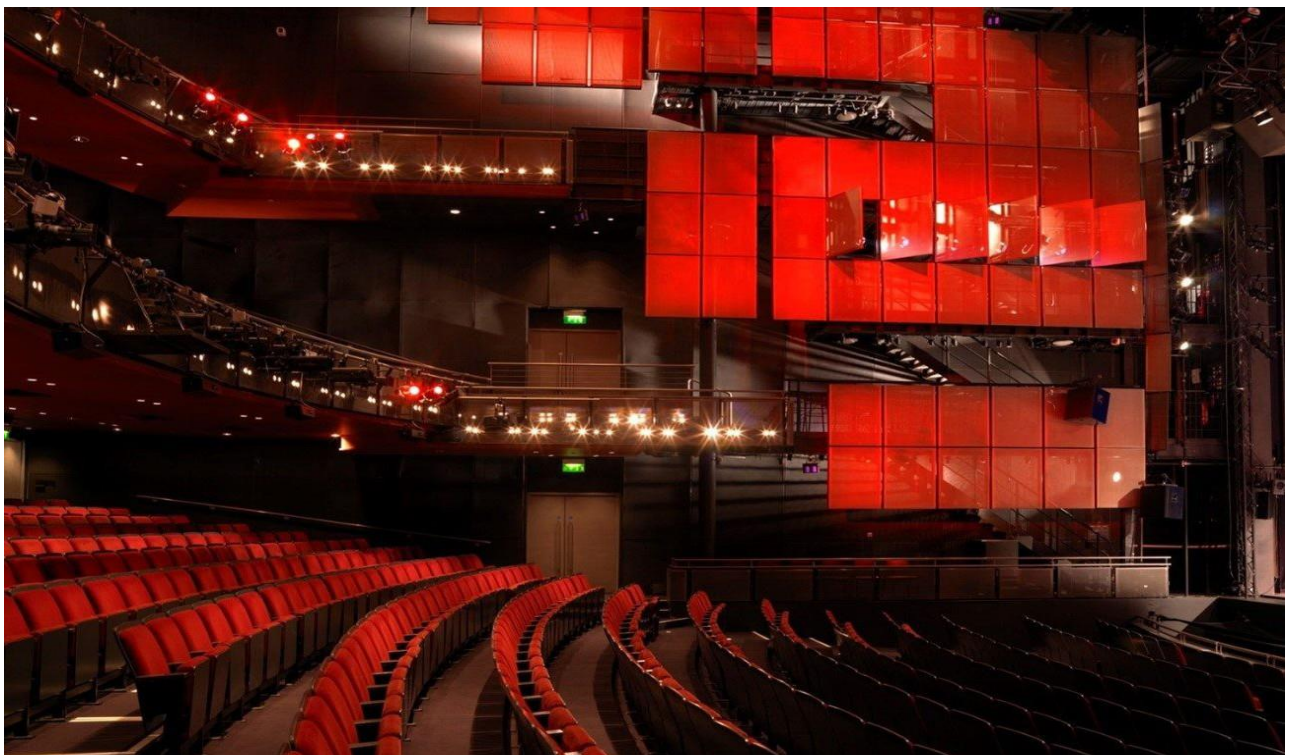
This is the auditorium where the show will be performed. There is space for 578 people at this show, including 5 wheelchair spaces and 5 companion seats.



The doors to go into the auditorium will open at 7.10pm. A bell will ring in the foyer to let you know that the show will be starting soon. The front of house team will also help to direct audiences into the auditorium.

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Seating is unallocated, which means you can sit in any available seat. There is seating around the stage on three sides and seating in the front of the Stalls from Row AA to M. The Stalls (pictured below) is the area on ground level in front of the stage.



We recommend that you arrive early to choose the seat where you would feel most comfortable, particularly if you would like to sit somewhere specific like in an aisle seat or in the front row. Seating will be on a first come, first served basis.

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You are welcome to come in and out of the auditorium throughout the show. Ushers will let the audience know that it is ok to leave and come back.

If you think you might want to leave during the show, we recommend you find a seat in the Stalls, rather than on stage. Some people might find it intimidating or exposing to be sitting on stage, and it might feel more difficult to leave if you need to while the performers are dancing.

### **How long will the show last?**

The show will last for approximately (which means that sometimes it is a little bit more, sometimes a little bit less) 1 hour – from **7.30pm to 8.30pm.**

There is no interval in this show. An interval is a break in the middle of a show, but there isn't one this time.

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## What is the show about?

There are 3 dancers in this piece, which is called a trio. This show was specially created for Sadler's Wells, and this is the first time it will be performed publicly.



The show explores how we come together as people, while bringing our own physical history that is held in our bodies and is present in every moment. The dancers are thinking about how we got here, to this specific moment. How did we arrive in the



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universe and what ideas do our bodies carry with us on life's journey?

They don't settle on an answer and there isn't any talking in the piece, but through dance, the performers explore what these questions mean to them.



The dance is playful, caring, casual, and fun at various times. They want you to watch them dancing in an intimate setting, so you feel closer to them and can also think about the question 'how did we get here?'

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## Show Notes

When the show is about to start you will hear an announcement that welcomes you to Sadler's Wells and asks you to turn off your mobile phone so as not to distract the performers or other audience members.

If you are sitting on stage during the show, it may feel like you are quite close to the performers. It is very important that no one goes into the performance area at any time or tries to touch the performers as it could be dangerous. The performance area is the large square of shiny black dance floor in the middle of the stage.

If you are sitting on-stage and need to leave the auditorium, you can exit by going down the stairs at either side of the space, and follow the pathway either side of the seats in the Stalls – the same way you came in. Ushers will be able to direct you.

When the performance is finished, the

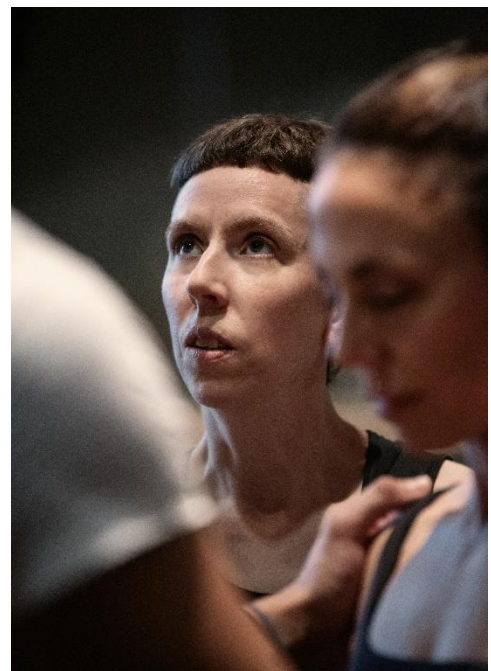
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performers will bow to all four sides of the stage. The audience will clap which may be noisy and some people might even stand up. Everyone will then start to leave the same way they came in. If you prefer, you are welcome to wait in your seat and leave after everyone else has gone and it becomes quieter.

## Performers

### Jules Cunningham

Jules is both the choreographer and a performer in this show. A choreographer is the person who creates the dancing in a dance work. Jules uses the pronouns they/them.



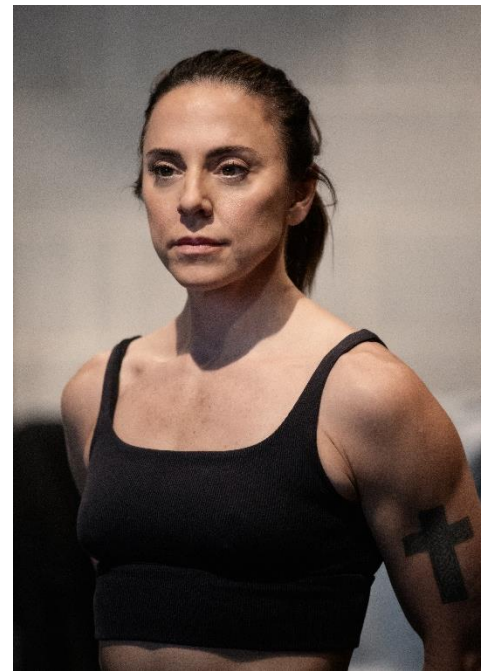
Pronouns let people know how a person likes to be referred to. Common pronouns are they/them, she/her, and he/him.

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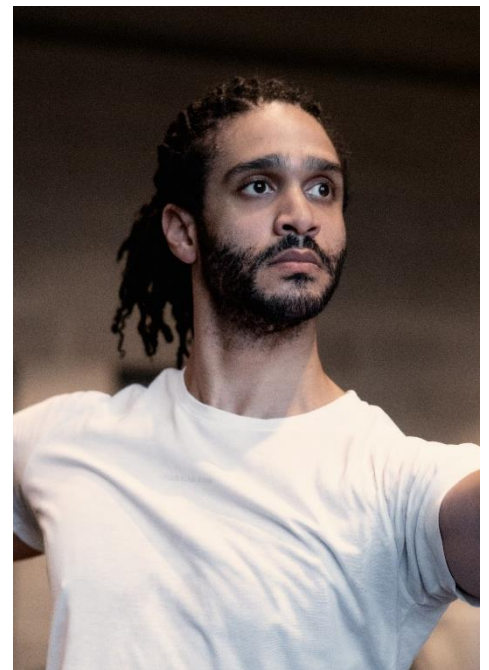
For more information on pronouns and queer identities, you can visit [Gendered Intelligence](#).

## **Melanie C**

Melanie C is best-known for her 90's pop band: the Spice Girls. In this project, Melanie is trying something new and dancing contemporary dance professionally for the first time. Melanie's pronouns are she/her.



**Harry Alexander** Harry is a well-known dancer, model and movement director. He has danced with choreographers like Michael Clark as well as being in Julie Cunningham & Company since 2017. Harry's pronouns are he/him.



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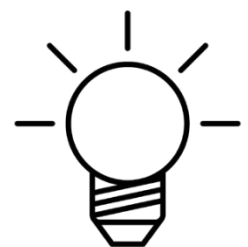
## Costume

The 3 dancers are wearing stretchy unitards, which is like a skin-tight all-in-one outfit. The unitards are tie-dyed with rusty orange and sky blue colours. For parts of the performance the dancers each wear a dark silver netted vest over the unitards.



## Lighting

You will know that the show is starting because the lights will be darker. The lights in the auditorium will stay low during the performance.



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There will always be enough light for you to see around you and to move around the auditorium if you need.

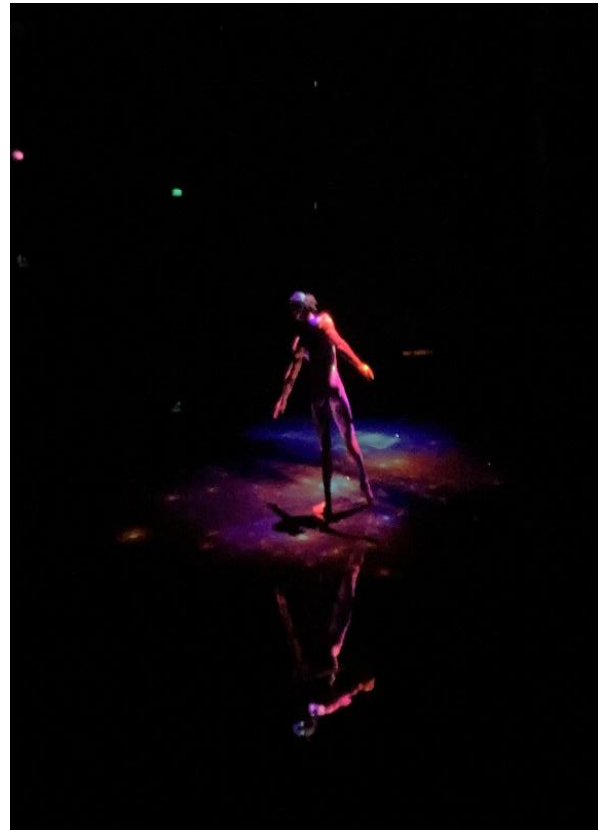
This performance has a black shiny dance floor that reflects the light. At times the lights get quite dark on the stage but you will still be able to see the performers. The lights are at times deep and vibrant colours like red and blue. There are no flashing lights in this show but in one section the bright white and yellow lights flicker subtly.

At the start of the show there is a large disco ball hanging above the stage. When lights are directed at the disco ball streaks of light are projected everywhere.



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During the show, each of the performers have a moment on their own where they dance solo on stage. When they do this an image of a planet in outer space is projected onto the dance floor using lights. Each performer represents a different planet. It is in these three moments that it will feel the darkest.



## Music

The music in this performance changes to reflect what the dancers are doing. Sometimes there are songs with words, and sometimes there is music without words. You might also hear one or two songs that sound familiar to you, like the first song you hear when the show starts.

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Most of the music is made especially for this show and will sound a little bit like vibrations, tapping, or bass. Some people might think these sounds can be found in outer space. At other moments there are continuous low drum beats and a string instrument called a cello. Lots of the music builds in volume and intensity in the background.

In the middle of the show Jules and Harry play contrasting sounds on an electric guitar. This is a short section that some audience members may find sudden and loud.

## **Chill-Out Spaces**

If you need somewhere to relax before or during the show you can go to one of the designated Chill-Out Spaces. This is a space reserved only for audience members of **how did we get here?** There are three different spaces that you can use if you would like a moment away from the show.

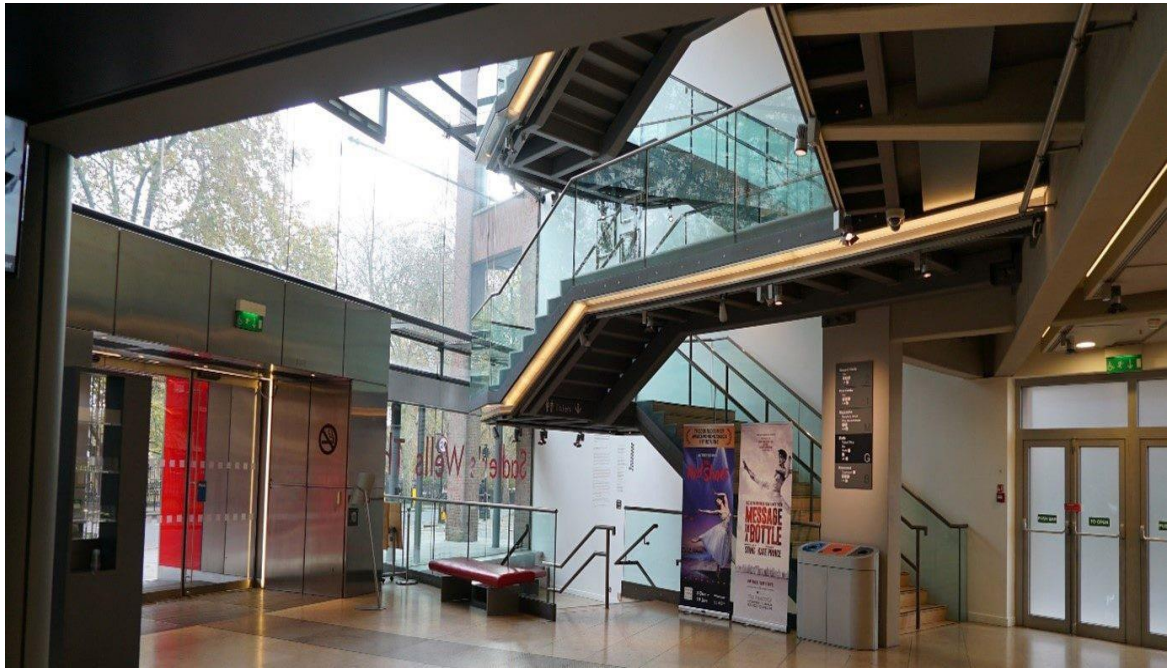


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If you need to come out of the auditorium for a moment, you can relax on the red sofas which are in the foyer next to the Ticket Office. The performance will be shown on a TV monitor in the foyer area, so you don't have to miss anything.



If you would like a space that is further away from the auditorium, than you can go to the Chill-Out Space in the Rosebery Room.



To get there, you will need to go up one flight of stairs from the foyer to the Mezzanine. There will be signs and Sadler's Wells staff can help you.

You can also get there by using the lift and pressing button **M** for Mezzanine.

There will be chairs, cushions, and bean bags for you to relax on and there will be water available in there too. The performance will also be shown on a TV screen.



If you would like a more private space, then you can go to the Chill-Out Space in the Pina Bausch. This is a private room with chairs, bean bags and cushions for you to relax on. The lights will be darker in here and it is the quietest of all our Chill-Out Spaces. The performance will also be shown on a TV screen here, but the sound will be off.

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Ask any of our staff if you need help to find the Chill-Out Spaces. There will also be signs to direct you there and can be used at any time before or during the performance.

We hope you enjoy your visit to Sadler's Wells. If there is any further information you need, please contact Ticket Office by phone on 020 7863 8000 (Monday to Saturday, 12pm-6pm) or by e-mail at [tickets@sadlerswells.com](mailto:tickets@sadlerswells.com).

At the links below, find out more about:

**[Relaxed Performances at Sadler's Wells](#)**

**[View more upcoming Relaxed Performances](#)**

**[Go on a virtual tour of Sadler's Wells Theatre](#)**