

The Short Forms

Technically light, this proposition around the theme of the "Woman" puts together two plays of the repertoire : "Woman's aspects" and "I feel good" (short version).



The Short Forms can be played in various kinds of places to adapt to it and enhance it. For more proximity to the audience, they come with two participative dances, mixing hip-hop dance and 20-30's popular dances.

Woman's aspects (creation in 2007, rewriting in 2015)

This show is a contemporary satire about women's life that humorously evokes the obsession with perfection which resides in today's women, in order to highlight the contradictions of a complex identity.

I feel good (creation in 2010, short version rewriting in 2015)

Beaumarchais Award for Writing - SACD 2010

In our society that advocates the cult of the beauty, this play draws with tenderness, nostalgia and humor, three portraits of women who see the effects of the passing of time. The unbridled dancers express their creativity, to remind us that old age is not a pathology.

In the press :

" *These three thirty-year-old dancers draw with tenderness and humor their femininity and demonstrate that you can dance a life at 80 years old* " - **Paris-Normandie** - Salomé Rouzerol Douglas

" *Nostalgia, but no despair in this topic dealt with a lot of delicacy, emotion and goodwill.* " - **Dauphiné Libéré** - Françoise Daudeville

"*The 6eme dimension company gives hip-hop some female nerve, and it hots up ! (...)* Around the quest of the ideal man, this show announced like a vitamin bomb plays the cards of virtuosity and humor using all styles of hip-hop. " - **Télérama** - Rosita Boisseau

Video link : <https://vimeo.com/212873806>

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Practical information

Durations :

- Woman's aspects : 15 minutes
- I feel good (short version) : 25 minutes
- Participative dances : 10 to 20 minutes (optional)

Maximum number of places in YA : 200

Technical conditions:

- can be played outside or inside
- slick dance area
- front audio diffusion + adapted feedback diffusion
- 1 table, robust desk style
- 4 identical non foldable chairs
- 1 broom

Prices (net of tax) :

- Cession 1 rep. : 1 500 €
- Cession 2 rep. on 1 day : 2 600 €
- Cession 3 rep. on 2 days : 4 000 €
- Cession 4 rep. on 2 days : 4 900 €

Team on tour :

4 people (3 dancers + the choreographer depending on the tours)

Declensions in schools (duration 40 min) :

- (I feel good + participative dances)
- Cession 1 rep. : 1 000 €
- Cession 2 rep. on 1 day : 1 800 €

Around the show :

- parent/children or intergenerational workshops
- workshops of sensitization to Hip-hop dance
- workshops of mixing 20-30's popular dances and hip-hop

Distribution :

Choreography: Séverine Bidaud, assisted by Jane-Carole Bidaud / **Dancers** Cynthia Barbier, Jane-Carole Bidaud, Amélie Jousseau
/ **Costumes** (I feel good) : Isabelle Lemarié

The Co receives co-financing from the Region Normandie for its Emploi-Tremplin and aid from the Rouen municipality. It also receives the « Service civique » approval to engage a young volunteer.

www.6edimension.fr