



*extraordinary bodies*

# SINGS

INFO PACK



## **What is EXTRAORDINARY BODIES?**

Extraordinary Bodies is a UK based professional integrated circus company. We make circus for every body. Our company is made up of performers of every age and every type of body. It is a partnership between Cirque Bijou and Diverse City, who worked together on the launch of the Sailing events in Weymouth for the London 2012 Olympic Games creating a show for 11,000 people.

## **What is 'Sings'?**

'Sings' the participatory element of the Extraordinary Bodies circus show *Weighting*, where a local integrated community choir is formed to perform the song 'Moments and Memories' during the finale. Currently touring the UK 'Weighting' is about an extraordinary family who make new discoveries in the face of love and loss. Directed by Billy Alwen and Claire Hodgson, 'Weighting' fuses music, circus, dance and theatre into a 45 minute show with a beautiful musical score played by a five-piece band and written by Dom Coyote and Ted Barnes.

## **Why do you use a community choir?**

'Sings' is an aspect of our participation programme. We believe community engagement is key to changing people's perceptions. We want to celebrate every body, disabled or not. Each is regarded as extraordinary and we actively encourage the idea that circus and performance is available to everyone. We need your help to spread this message and working from within the local community is a great place to start.

## **Find out more about Extraordinary Bodies on our website**

**[www.extraordinarybodies.org.uk](http://www.extraordinarybodies.org.uk)**

## **What do I need to do?**

You will be singing the song '*Moments and Memories*' as part of the company during the finale of the show. You will learn a part of the song in rehearsals and by practicing at home. You will be given all of the resources you need to prepare for the performance. You will be given your part, the lyrics, recordings and song sheets. These are available either in a hard copy, by post or via email.

You can contact Theresa Tainton from Appetite Stoke (details below) if you need lyrics or song sheets or for the rehearsal and performance schedule.

## **Do I need to have sung before?**

No singing experience is needed – just an open heart and mind to the process.

## **I am a leader of a Choir, how many people can I bring?**

All of them! And any more that you think will be interested! We want as many people as possible to take part in 'Sings'. If you want any leaflets or posters to hand out to your networks, please contact Theresa Tainton (details below).



### **As a choir leader, will you give me any resources so I can practice with my group between rehearsals?**

Yes, rehearsal tracks have been recorded to help you prepare. There are 8 voice parts. 2 soprano, 2 alto, 2 tenor and 2 bass. Depending on the ability of your group you can choose which parts your choir will perform. You do not have to perform all parts within your group just what you feel is achievable.

### **Do I need to be part of a choir?**

No, you can come on your own. Sings is a great opportunity to meet new people of all experiences and backgrounds.

### **There are only 3 rehearsals, how do we bring all of the elements of the song together in time?**

Our Choir Master, Colin Rea is hugely experienced and will bring the song together during rehearsals. Colin has over 15 years in education settings and the performing arts industry. He has delivered children's choirs for Bill Kenwright's Joseph tour and Evita amongst others. He also runs his own company Big Noise Chorus Ltd.

### **Can I rehearse on my own?**

Yes, each voice part has been recorded individually so that you can rehearse your own part. Once you know your own line well enough, you can then listen to the full recording to try to hold your own line amongst the other voices.

### **I don't read music, does this matter?**

No, there is a score of the piece *Moments and Memories* available for those who read music, but this is by no means compulsory. Individuals or choirs may choose to learn by reading the score, listening to the rehearsal tracks or a combination of both.

### **I am not able to make the dates of any of the rehearsals, can I still take part?**

Yes, even if you can only come to one or both of the performances, you are more than welcome to take part. Familiarise yourself with the music if you cannot make a rehearsal before the performance as this will help. It is very simple and easy to learn for most people but we would recommend this so you feel more comfortable on the day.

### **What do I need to wear?**

'Sings' is your opportunity to wear the outfit that makes you feel special. We want you to stand out and look amazing. So, that crazy shirt/dress that you love but all your friends think is over the top - wear it! Any colour, any style is welcome - *glamour* is the key word. Sequins, dinner suits, bow ties, ball gowns, cocktail dresses, feather boas, silk gloves, jazzy waistcoats - all welcome. Or even your very favourite jeans with a shirt that makes you feel fantastic. The choice is yours as long as you feel fantastic.

### **What will happen on the day of the show?**

Singers will be given a full schedule and a 'call sheet' for the timings of the shows. You will be asked to attend several hours before the performance to warm up, have a technical rehearsal and run through the finale a few times all together. You will be given refreshments and places to rest when not rehearsing.

### **Can my family watch the show?**

Yes, of course! You can invite friends and family to the show – in fact, we positively encourage this!

Some of the events may be ticketed on the day so check this out on the Appetite website [www.appetitestoke.co.uk](http://www.appetitestoke.co.uk)

### **What do I do if I suddenly can't make a rehearsal or performance?**

Please contact Theresa Tainton as soon as you can to let her know you are unable to make it. (Details below).

For more information, song sheets, lyrics and any other information contact Theresa Tainton from Appetite Stoke on [theresa@appetitestoke.co.uk](mailto:theresa@appetitestoke.co.uk) or call 01782 381373.