



## TAKE A SEAT! SIT DOWN! YOU ARE ON THE BENCH! TIME OUT! ARE YOU IN THE RIGHT PLACE?

**BENCHED** is a brutally honest bodily tale about life's big and very small questions. About settling down. About daring to sit in opposition, about sitting cross legged, about being sat, put off or benched. About taking, creating, and giving space, and preferably remembering to do so before falling on your ass where the bench ends.

We all have the right to the bench, we can all relate to the bench, we are all right on the bench, the bench breaks down barriers and differences. The bench brings us together. The bench invites reflection. The bench invites for conversation. We all have to sit on the bench sooner or later.

In **BENCHED**, five male dancers perform in Johan Kølckjær's set design of oversized and mobile benches that are constantly being transformed. Award winning choreographer Stephanie Thomasen has created the concept and choreography for the performance, where the dancers with great musicality, physicality and interaction examine human relationships.

A notion of finding one's place in life and settling down on the bench of life.



# PRACTICAL INFORMATION

## FACTS

**DURATION** Approx 45 minutes

**AGE** From age 10 and up

**LANGUAGE** Non-verbal

## CREDITS

### CONCEPT & CHOREOGRAPHY

Stephanie Thomasen

### PERFORMERS

Four-five performers from  
Uppercut Dance Theater's ensemble

### SET DESIGN

Johan Kølkjær

## MEDIA AVAILABLE

Photos by Raphael Solholm

Video trailer & full performance

## PRESS AVAILABLE

Extracts from reviews (in Danish)

## CONTACT

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“Stephanie Thomasen proves that she is not only an inventive and humorous choreographer possessing a lively narrative, but also an excellent stage director. Her images ooze space, balance and drama, making it a perfect dance performance.”

**Jyllands-Posten**

“Wow, how the five dancers toss themselves around a long black bench, in a fusion of street and modern dance, as if it were a bouncy launch pad. A playful and cool symbiosis between men and bench.”

**Politiken**

