



CTDPS

Centre for Theatre, Dance
& Performance Studies



University of Cape Town
Yunivesithi Yasekapa
Universiteit van Kaapstad

THIRD YEAR CHOREOGRAPHY PROJECT

METAMORPHOSIS

Programme A

COCOON

Choreographer: Lebohang Matsimela

Featuring: Amanda Guma

Venue: Bindary

Cocoon is a choreography piece that draws from a distant memory of a child. Cocoon is a playground; it may seem all bright and colourful however the adult life seeks healing through a conscious change. Cocoon is a place of comfort and unrest, where we are allowing child trauma to hurt, then letting it all go.

Fragments of Me

Choreographer: Quinn Thomas

Featuring: Seth Cloete

Venue: Grass patch @ computer lab

As humans, we are all subjected to the harsh reality of time. All that we can ask, or even all that we can hope for, is that time is kind to us, as we attempt to navigate our way in this world without losing parts of ourselves or even our entire being.

The Unravelling

Choreographer: Olwethu Ntanjana

Featuring: Nikho Stali

Venue: Library Elevator

Realising that she is inside a shell - a manifestation of her traumas, coping mechanisms and emotional crutches - Olwethu fights to break out of the shell. To use the shell on her own terms.

Circumstances of Mental Capacity

Choreographer: Naheesha Hendricks

Featuring: Bilquees Alexander

Venue: Playroom

At times it is the fact that you believe the lies your mind tells you. It is a certainty that you are your own worst enemy through constantly battling with yourself by breaking yourself down and not having any faith in yourself and having the feeling of losing control. The journey is how you got to that point of saying "no more" and fighting back to regain control of yourself.

"And then my thoughts came to haunt me. One after another, like a tidal wave that wants to drown me. My thoughts are something I can't escape, something that has been forged for years. And now I walk with them, in them and then, they became me." - Kristine Mae Reyes



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METAMORPHOSIS

Programme B

memories of love

Choreographer: Lidian Plaatjies
Featuring: Pierre Parrot & Tatum Pearce
Venue: Arena Quad

The future is scary, and so we wish to stay in the past where we are safe; but we can never re-live those memories as we have grown to become a different people. Once we realise this, we can become numb in our present self and no longer wish to create a future of more memories.

Transposal Armour

Choreographer: Cassidy van Rooyen
Featuring: Kelly Byloo
Venue: Arena Quad balcony

As time passes and the older individuals get the more, they tend to be "wrapped" up in a cocoon. They are more restricted than they were in other stages in their life. Humans tend to explore less but do more self-nurturing when they interact with transforming from living to dying

For something else to be reborn something else should vanish.

The concept is about a life cycle of a butterfly, reversing from being a butterfly to being wrapped up in a cocoon. The life cycle of a butterfly in this context express how experiences sifts, shapes transform from internal and external armour. The site explores with the strength of a butterfly, the interaction that butterflies is not just fragile, but powerful.

Power of transformation.

Stares from Above

Choreographer: Georgina Walther
Featuring: Polokego Mohlala
Venue: Arena Stairwell

Over time and space, Mother Nature changes herself, taking what she already has and creating new elements and aspects of her world. She sings a lullaby, rocking her ocean harder and harder until Chalk wakes up through the cracks in the cliffs just off of the ocean. Stares from Above is a piece which highlights the various processes nature undergoes in order to create the element of chalk.

dear QUEER self

Choreographer: Wilfred Adonis
Featuring: Peter de la Fontaine
Venue: Arena Theatre

dear QUEER self is a choreography on the journey to self-acceptance and what freedom that gives one. It is about a boy from a small town finding his way to who he truly is and to just live a happy, free life.



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METAMORPHOSIS

Programme B

slow slow slow

Choreographer: Lexis Herz
Featuring: Tyra Abrahams
Venue: Lawn outside Rosedale

Burnout is a form of exhaustion caused by constantly feeling swamped. It's a result of excessive and prolonged emotional, physical and mental stress. 'Slow slow slow' wishes to raise awareness to the necessity of finding balance between work (Go go go) and rest (Stop stop stop).

Sunsets on a Rainy Desert

Choreographer: Khanya Yabo
Featuring: Shadow Motonyane
Venue: Rehearsal Studio

Sunsets on a Rainy Desert is a production about a journey of coming undone to put be together again. This production is about healing using the analogy of a sunsets. The idea that not all things that come to an end are ugly or bad and that endings themselves are sometimes necessary. It is about remembering that when the sun sets it has served its purpose today and a new one will arise tomorrow. This piece speaks to the realisation that there comes a time where one realises certain habits, copying mechanisms and thinking have outlived their purpose and do not serve or work for them. In order to evolve into and unleash a higher level of oneself, insufficient parts of oneself have to die, their sun has to set, in order to give room for new way of thinking, doing and being. This production covers a certain woman's journey which intails the following: existing in a disoriented dream state, fighting to wake up and metamorphosing to her higher self.

The Other

Choreographer: Phuti Mphuti
Featuring: Prince David Igbokwe
Venue: Annex

Set within a glimmer forest, its inhabitants adapt to their environment as their DNAs begin to merge and grow- one faster than the other. A body split in 2, one half fully developed while the second half recognises itself gradually in process. A volta occurs affecting the halves, creating something to create (recreate) itself thus causing the radical other to emerge- welcome to the phenomena of transmutations.

JOURNEY...

Choreographer: Cassidy Phillips
Featuring: Fezekisa Ndwe
Venue: P3 Lobby

'Journey...' will explore how one grapples with self-identity, particularly investigating how confidence and insecurities forge a means of coexisting in a single body, despite initial dissonance.



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Shaped

Choreographer: Danél van Tonder

Featuring: James Mc Farland

Venue: P3 Studio

When born, humans can be seen in their purest, most innocent forms without there ever being another time in their life where they can be described as empty pages, without any writing on them. By delving into human exploration and the discovery of what life and everything in between means, "Shaped" looks at two human beings on their journey of exploring not only each other, but also that of what is around them and the uncertainty between the cracks. We start life as empty pages, but as we grow older those around us write our stories in ways we have no control over. Moulded like clay, we become who we are because of all the external factors life throws at us daily. The four walls and the world in between them, that the two find themselves exploring, holds a different kind of story and cherishes the footsteps of so many that came before them.

Four Bowls

Choreographer: Jodi Russell

Featuring: Matthias Calitz

Venue: PLAYROOM

The first bowl moistens my lips and throat;
The second bowl breaks my loneliness;
The third bowl searches my barren entrails but to find
Therein some five thousand scrolls;
The fourth bowl raises a slight perspiration;
And all life's inequities pass out through my pores;
The fifth bowl purifies my flesh and bones;
The sixth bowl calls me to the immortals.

The seventh bowl could not be drunk, only the breath of the cool wind raises in my sleeves.
Where is Penglai Island, Lu Tong wishes to ride on this sweet breeze and go back.

Lu Tong 卢仝, 790-83

Beside the Darkest

Choreographer: Mike Galeboe

Featuring: Menushca Goliath & Rendani Khongala

Venue: Bindary

It's hard to imagine what people go through on a day to day. Mental illness is something most of us truly only experience alone. This work is an illustration of what I perceive that space to be.

However, a wise man once said, "The Most Beautiful Things Are Always Beside The Darkest" (Kanye West, 2018).

What the Light Gave Me

Choreographer: Lusanda Ngcobo

Featuring: Yomzi Tyali

"If you can't bind because you are traumatized, isolated or beaten down by life,
you will bond with something that will give you some sense of relief" - Johann Hari