

Sarah Trist
Dance Management Agency

Stuart Waters solo

Rockbottom



Available for touring from February 2019

Rockbottom

Rockbottom is a powerful, topical new dance theatre solo from **Stuart Waters**, a successful performer for 20 years making his debut as an independent artist.

Combining bold story-telling with highly physical choreography, *Rockbottom* is a moving and incredibly honest self-portrait of personal struggle with depression and addiction. Although Stuart's subject matter is semi-autobiographical and fundamentally dark, his approach is relatable. The themes are leavened with humour and warmth, skyrocketing between existential angst and irony, and give prominence to the roles of resilience and support networks within recovery. Hence, *Rockbottom* is not only a thought-provoking night-out; it is a reflective tool for everyone concerned with mental well-being. Safe-guarding is set centre stage, with a question-and-answer session and signposting available post-show.



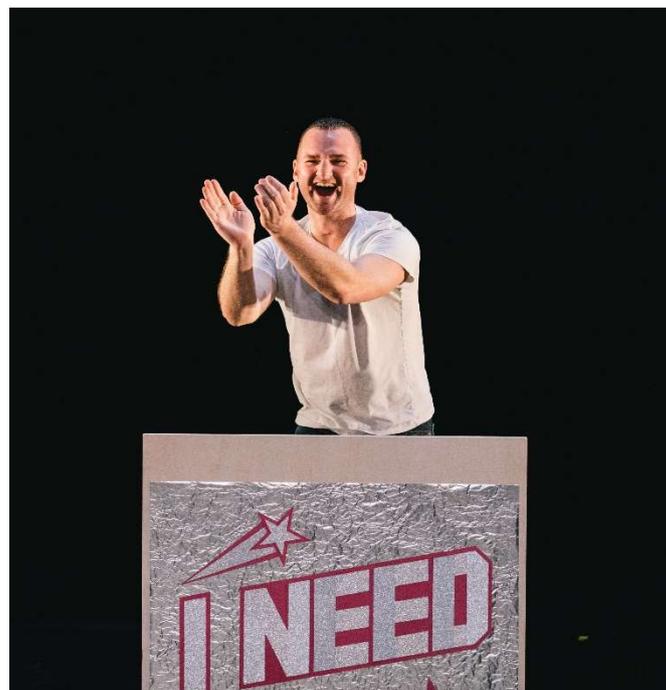
Stuart Waters

Stuart has been a successful performing artist and dance maker for 20 years working at the cutting edge of the devising processes with Luca Silvestrini's Protein (in which he created central characters in LOL (lots of love) and Bordertales), Bare Bones, Motionhouse and Wired Aerial Theatre.

Stuart was a student of Northern School of Contemporary Dance in 1998 and London School of Contemporary Dance and has been part of the One Dance UK mentorship programme. In 2011, he was awarded the Lisa Ullmann fund to travel to New York in 2011 to train with Susan Klein. Stuart began to explore the creation of his own work in 2014, and has been commissioned to create choreographic works for Centres for Advanced Training (CAT) Schemes and BA Performing Arts across the UK.

Creative Team and Credits:

Performed and Choreographed by Stuart Waters
Collaborating with Wendy Hesketh (Wired Aerial Theatre)
Produced by Vicki Balaam
Music composed by Andy Pink
Mentored by Ben Duke (Lost Dog)
Supported by Arts Council England and DanceEast
Photos by Rosie Powell



Booking Details

Availability:	upon request from February 2019
Touring Company:	1 performer, 3 on the road
Running time:	45 minutes + post show Q&A
Performance area:	Minimum 8m x 8m
Get in:	Day of show (with lighting pre-rigged if possible)
Technical requirements:	Theatre lighting with side booms Microphone with extremely long lead Black box Black dance floor One technician to help rig and programme lights and to run the show cued by our technician (who operates sound)
Safeguarding requirements:	A safe space for any audience member triggered by the show Presence of mental health service or charity in foyer for signposting
Age suitability	Suitable for all ages 16+
Cost (UK only)	£1000 (inclusive of travel and accommodation)
Education and access:	creative or issue-based workshops with local artists, students and teachers (inset) inspire and empower whilst also looking at how artists take risks and work deeply and authentically whilst working safely. Stuart has developed his own approach to safeguarding which will be incorporated
Trailer	https://vimeo.com/262010808
Full performance:	https://vimeo.com/257545682 Password: rockbottomfeb18
Website:	www.stdma.com
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