



Sarah Trist  
Dance Management Agency

# Born to Manifest



**Joseph Toonga** is originally from the Cameroon and was raised in East London. His company **Just Us Dance Theatre** combines the rawness, compression and precision of Hip-Hop with shapes and structures from contemporary choreography. The company has grown over ten years to use this practice to communicate real life stories, extending and sharing the rich cultural offer of hip hop to audiences and participants of all ages, abilities, backgrounds and cultures.

***Born to Manifest*** is **Just Us Dance Theatre's** latest 60-minute programme is a Hip - Hop dance double bill exploring the experiences of young black British men. It has been commissioned by DanceEast where Joseph is an Associate Artist, The Place and Redbridge Drama Centre and developed with Dance Base and Yorkshire Dance.

The titular opening solo, performed by Joseph himself, sets a mental health agenda, using real-life accounts and an original score by Michael 'Mikey J' Asante as the starting points. The second part of the double bill is a new duet with fellow Just Us founder Ricardo Da Silva which portrays strong friendship and the value of social support.

*'I feel a responsibility as a black male to empower the younger generation as a role model and example of how dance can provide a positive, successful route. Mental health and black men's experiences of it, are little discussed, which is why I am passionate about creating awareness to shift stigmas'* – Joseph Toonga

### **Wraparound/workshops**

**Just Us** workshops explore the fundamentals of popping, Krump and freestyle within a contemporary dance context, whilst looking at tension in the body, parts of the body in isolation, and intention behind movement. Workshop participants will learn repertoire from ***Born to Manifest*** as part of the session.

**Just Us** is also committed to engaging with local youth groups and providing professional performance opportunities through curtain raiser performances.

Workshops and curtain raisers are tailored to specific abilities and ages.

## Booking Details

Availability: upon request  
Touring Company: four dancers, one technician  
Venue specification: Minimum performing area 8m x 8m  
On the day get in, lighting rigged in advance of company's arrival  
Tech. spec. not yet available.  
Cost (UK only) £1500 per performance.  
Video footage of previous work: <https://www.youtube.com/watch?v=UOdBOU2mWfw>  
<https://www.youtube.com/watch?v=iEnzdRQszZQ>  
Contact: Sarah Trist [sarah@stdma.com](mailto:sarah@stdma.com)  
0044 7757 654790  
Website: [www.stdma.com](http://www.stdma.com)  
[www.justusdancetheatre.org](http://www.justusdancetheatre.org)