



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 hip hop programme which has been commissioned by DanceEast where Joseph is an Associate Artist, The Place and Redbride Drama Centre and developed with Dance Base and Yorkshire Dance.

The titular opening solo, performed by Joseph himself, sets a mental health agenda. Joseph addresses the mental and physical effects of depression, drawing on the real-life challenges faced by young British black men, and challenging the social stigma associated with the condition.

*'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, is little discussed, which is why I am passionate about creating awareness to shift stigmas'* – Joseph Toonga

Toonga's new female trio *Woman I Know* forms the second part of the evening programme. Exploring the oft-hidden influence of feminine qualities of persistence, kindness and grace on the man's world-view, *Woman I Know* is an emotive, visceral piece, reflecting women's strength and resilience.



## 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<br>On the day get in, lighting rigged in advance of company's arrival<br>Tech. spec. not yet available.  |
| Cost (UK only)                  | £1500 per performance.   |
| Video footage of previous work: | <a href="https://www.youtube.com/watch?v=UOdBOU2mWfw">https://www.youtube.com/watch?v=UOdBOU2mWfw</a><br><a href="https://www.youtube.com/watch?v=iEnzdRQszZQ">https://www.youtube.com/watch?v=iEnzdRQszZQ</a> |
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