

Sophie
Nüzel

Sarah Trist
Dance Management Agency

LOOK UP LOOK OUT



**An immersive woodland performance for
children and their families
Touring in Summer 2025**



Created by choreographer **Sophie Nüzel**, **LOOK UP LOOK OUT** is an immersive woodland performance for children and their families. Squirrel, Fox, Deer and Owl invite audiences into their home to visit the kitchen, have a snooze in the bedroom, watch TV in the living room or simply lounge and listen to the chattering trees wherever you see cushions laid out. Everyone is welcome to wander and explore; it is up to the audience to choose their own pathways and experiences. Through dance, aerial, storytelling and song, the performers bring the woodland alive and relay fun facts about trees and the importance of woodlands & forests.

LOOK UP LOOK OUT is the second chapter in an ecology series of outdoor performances by **Sophie Nüzel** for children and families which aims to raise awareness of our natural surroundings and our climate, and follows the success in 2021 and 2022 of *The Greenhouse*. **LOOK UP LOOK OUT** advocates for environmental stewardship and encourages wellbeing, motivating people to get outdoors and (re-)connect with their local woodland.

LOOK UP LOOK OUT was commissioned by the Bright Foundation in 2023 and premiered at St Helen's Wood, Hastings in August 2023.



Sophie Nüzel is a German choreographer and dance maker, based in the UK. She creates pieces and happenings rooted in contemporary dance, often tapping into other art forms such as storytelling, circus and physical theatre. Most of her work is for children and their families as well as cross generational audiences. ,

Sophie’s work invites audiences to enter and experience the work through all senses – her work is full of atmosphere and magic. Calm, sensitive and playful Sophie’s choreography encourages audiences to use their imagination and go on a journey. Participation is key in her work. She loves creating communities: whether it be the public partaking in a show, a workshop or as an audience member.

Sophie’s series of “Little” pieces have sold out venues including The Place, PDSW, DanceEast, artsdepot and The Albany. Her latest piece *Stories of a Little Watersprite* is on a 15 venue tour across the UK in Spring ‘24.



PRODUCTION CREDITS

Performers:

Amy Butler

Lisa Chearles

Ludo Helin

Tilly Lee-Kronick

Set Designer: **Debs Mingham @Entify Projects**

Text and Lyrics: **Jo Blake and Chris Yarnell**

Sound and Song Support: **Tara Franks**

Made by

Sophie Nüzel

Photos and Film by Alice Underwood and Kerrie Wood Photo





Sophie Nüzel has extensive experience working with families and young people and knows her audiences well.

Some practicalities:

- We recommend targeting family groups in particular.
- Whilst everyone is welcome, the piece requires audiences to move through woodland and as such might be a challenge for very young children.
- The audience will move through a managed performance space on their own, taking ownership of their own experience. Our team work in collaboration with the festival's team to look after the audience throughout the performance.
- Each show lasts 1 hour and is performed twice daily, during daylight hours. An hour is a good length for families and timings will be thought about carefully to support audience needs.
- We recommend families come dressed for outdoor/wet weather and in sturdy footwear.
- There will be a pre-performance activity for the audience led and delivered by the company. Here audiences are invited to make forest crowns and bracelets out of natural materials such as willow, raffia, leaves and twigs.
- The show can be performed in and adapted to a variety of weather conditions. In the event of extreme weather conditions, a decision to go ahead with the performance(s) will be jointly made with event organisers.
- Toilet and other suitable facilities need to be provided.
- Outdoor landscapes present accessibility challenges. To ensure more people are able to experience the show the company is currently working with an Access Consultant to identify ways

to make woodlands and forests more accessible. Findings of our investigations will be available in late spring 2024.

- This show is designed specifically for a woodland or forest area that allows a circular performance space which takes approximately 5-10 minutes to walk around (at normal pace).
- Audiences to be able to move through the woodland - paths are helpful, however not essential.
- Nothing will be cut down or damaged in the course of the set up or performance. The space will be treated with care and respect and will be left as it was found.
- The company uses an aerial rope in the show and tours an arborist/rigger who is able to identify a suitable tree and will rig it in a sensitive way without causing any damage.
- Permission must be sought by the event organiser from the landowner / or council for a performance landscape in the forest and for temporary structures to be set in the space. The company can help with this.
- The show works best in a quiet area, away from outside noise / traffic.
- The show works well in June - October when there are leaves on the trees.
- A site prior to the show can be put in place to discuss suitability and assess the best performance space / route - making each location a bespoke experience for audiences.
- Workshops in storytelling, bonfire-making, den building, tree identification, arts and crafts are offered as wrap around activity at no additional cost. Please let us know if you are interested in this and we can have an individual discussion what might work best for your audiences and site.



BOOKING DETAILS

Available for touring from May 2025
No. of performers: 5 Performers
Total no. on the road: 8
Age suitability: Families with children aged 4+
Performance space: Woodland or Forest approximately 500 square metres
(no electrical source is required)
Get in and get out: 3 days / 4 hours
Staff required from organiser: Stewards
Running time: one hour
Shows per day: two (with interval of two hours in between end of first show and start of second show)
Cost: Two days: £4500
Three days: £6000
plus travel, accommodation and per diem/catering
Video trailer: <https://vimeo.com/869087562>
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