

**20 March 2026 at 7.30pm**  
**Sadler's Wells Theatre**

**This performance runs for**  
**1 hour and 30 minutes**

*Body and Soul (Part 1)* 30mins

Interval 25mins

*Proper Conduct* 35mins

With this double bill, we invite you to experience two striking premieres that explore the very core of human experience. We hope this programme brings moments of clarity, intensity, and perhaps offers a glimpse of your own experience within it.

Delve into these works through the videos, blogs and galleries on our website and social media. Visit [ballet.org.uk](http://ballet.org.uk) or follow us online.

## *Body and Soul (Part 1)*

**Choreography, Text** Crystal Pite

**Music** Owen Belton

**Additional Music** Frederic Chopin

**Voice** Marina Hands of the  
Comédie-Française

**Scenography** Jay Gower Taylor

**Costume Design** Nancy Bryant

**Lighting Design** Tom Visser

**Stagers** Eric Beauchesne  
Jermaine Spivey

**Casting Assistant** Spencer Dickhaus

### **Dancers**

Aitor Arrieta, Alice Bellini, Georgia Bould, Ivana Bueno, Zai Calliste, Thalina Chapin, Anna Ciriano, Julia Conway, Ashley Coupal, Henry Dowden, Noam Durand, Hatice Çağla Ertürk, Shunhei Fuchiyama, Taela Graff, Gareth Haw, Emma Hawes, Minju Kang, Chloe Keneally, Katja Khaniukova, Sangeun Lee, Swanice Luong, Jose María Lorca Menchón, Rentaro Nakaaki, Anna Nevzorova, Haruhi Otani, Rodrigo Pinto, Fabian Reimair, Paulo Rodrigues, Ken Saruhashi, Thiago Silva, Junor Souza, Lucinda Strachan, Lorenzo Trossello, Sacha Venkatasawmy, Anna-Babette Winkler, Rhys Antoni Yeomans

### **Understudies**

Claire Barrett, Jung ah Choi, Eireen Evrard, Lois Fraiz, Adriana Lizardi, Skyler Martin, William Simmons, Eric Snyder, James Streeter, Francesca Velicu, Rhys Antoni Yeomans

### **Scene 1**

Aitor Arrieta

Thiago Silva

### **Scene 2**

Gareth Haw

Artists of English National Ballet

### **Scene 3**

Ken Saruhashi

Junor Souza

### **Scene 4**

Hatice Çağla Ertürk

Minju Kang

### **Scene 5**

Anna Ciriano

Ashley Coupal

Noam Durand

Shunhei Fuchiyama

Swanice Luong

Haruhi Otani

Rodrigo Pinto

Thiago Silva

Lorenzo Trossello

Anna-Babette Winkler

### **Scene 6**

Alice Bellini

Lorenzo Trossello

### **Scene 7**

Artists of English National Ballet

### **Scene 8**

Katja Khaniukova

Ken Saruhashi

## *Proper Conduct*

**Choreography** Kameron N. Saunders

**Music** Brandon Finklea

Harold Walker III

**Orchestration** Gavin Sutherland

**Assistant Choreographer** Prince Lyons

**Design** Kimie Nakano

**Lighting Design** Joshie Harriette

**Music performed by** English National  
Ballet Philharmonic

**Music Director** Maria Seletskaja

### **Dancers**

#### *Narrator*

Jose María Lorca Menchón

Aitor Arrieta, Alice Bellini, Ivana Bueno, Anna Ciriano, Ashley Coupal, Henry Dowden, Taela Graff, Minju Kang, Chloe Keneally, Swanice Luong, Rentaro Nakaaki, Rodrigo Pinto, Ken Saruhashi, Lorenzo Trossello, Jakob Wheway Hughes, Rhys Antoni Yeomans

### **Understudies**

Emilia Cadorin, Julia Conway, Noam Durand, Sangeun Lee, Skyler Martin, Anna Nevzorova, Fabian Reimair, Paulo Rodrigues, William Simmons, Eric Snyder, Anri Sugiyura, Haruhi Otani, Lucinda Strachan

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English National Ballet is a Registered Charity No. 214005  
English National Ballet is an Associate Company of Sadler's Wells

# Body and Soul (Part 1)

*Voiceover text in this performance is presented in the original French. Here is the English translation:*

Le plafonnier s'allume d'un coup, révélant deux Figures dans une petite pièce.

**Figure 1** est étendue au sol.

**Figure 2** fait les cent pas:

Gauche droite gauche droit gauche.

Droite gauche droite gauche droite.

Encore.

Ses mains bougent sans cesse, touchant son menton, son front, sa poitrine,

*(gauche droite gauche droite gauche)*

son cou, sa bouche, sa hanche.

*(droite gauche droite gauche droite)*

Front, menton, cou, hanche, poitrine, tête, bouche.

Les deux mains sur les genoux,

**Figure 2** s'arrête, tête baissée.

**Figure 1** se retourne.

Bouge les épaules, la tête, les pieds;

se retourne de nouveau.

S'appuie sur un coude, tête baissée.

Tend le bras pour atteindre **Figure 2**,

qui reste immobile.

**Figure 1** tend le bras de plus belle,

relevant légèrement la tête.

Pause.

Aucune des deux ne bouge.

Soudain, **Figure 2** se cabre, s'agrippant

la tête, la bouche ouverte. Se tord, s'abaisse.

Se déplace latéralement vers **Figure 1** qui déjà s'éloigne.

**Figure 2** rattrape **Figure 1** et la retient.

Combat.

Finalement, **Figure 2** bouge la tête, les mains, les

pieds. Déplace **Figure 1** pour que toutes deux

soient tête à tête,

tête contre poitrine,

tête dans les mains,

tête au sol.

Pause.

Aucune des deux ne bouge.

La lumière du plafonnier vacille et s'éteint.

Overhead light snaps on, revealing two Figures in a small interior.

**Figure 1** lies on the ground.

**Figure 2** paces back and forth:

Left right left right left.

Right left right left right.

Repeat.

The hands move incessantly; touching chin, forehead, chest,

*(left right left right left)*

neck, mouth, hip.

*(right left right left right)*

Forehead, chin, neck, hip, chest, head, mouth.

Both hands on the knees;

**Figure 2** stops, head bowed.

**Figure 1** turns over.

Shifts shoulders, head, feet;

turns over again.

Leans on an elbow, head bowed.

Extends an arm, reaching towards **Figure 2**,

who does not move.

**Figure 1** reaches again,

lifting the head slightly.

A pause.

Neither Figure moves.

Suddenly, **Figure 2** heaves backwards, clutching

head, mouth open. Twists inwards, descending.

Moves laterally towards **Figure 1** who is already leaving.

**Figure 2** catches **Figure 1** and holds on.

A struggle.

Eventually, **Figure 2** shifts head, hands, feet.

Moves **Figure 1** so that they are

head to head,

head against chest,

head in hands,

head to the ground.

A pause.

Neither Figure moves.

The overhead light flickers and goes out.