

19 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 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

Jose María Lorca Menchón
Fabian Reimair

Scene 2

Gareth Haw
Artists of English National Ballet

Scene 3

Sangeun Lee
Rentaro Nakaaki

Scene 4

Ashley Coupal
Haruhi Otani

Scene 5

Alice Bellini
Zai Calliste
Anna Ciriano
Shunhei Fuchiyama
Minju Kang
Swanice Luong
Jose María Lorca Menchón
Rodrigo Pinto
Sacha Venkatasawmy
Anna-Babette Winkler

Scene 6

Ivana Bueno
Zai Calliste

Scene 7

Artists of English National Ballet

Scene 8

Emma Hawes
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.