

Experience report dream beam

dream beam is created by me, BamBam Frost together with four dancers, one composer, one light and set designer and one costume designer. It is also created in close collaboration with production duo Johnson & Bergsmark. It has been a process filled with new experiences and the first time I worked with a bigger group of dancers, also the first time I did not participate on stage. Leading a group of people in the times we are in, post pandemic, economical crisis and dark times in Sweden due to the far right win in the swedish election has been a challenge. But in this mess we have understood that insisting on taking care of each other, our bodies and health has been far more important than ever before.

During the process with "dream beam" we worked with the concept of superpowers, both real and fictional. "Real" meaning: the ability to enhance senses we already have, like touch and empathy. How to feel, taste and sense energies in the room, and how to move or transform these with our moving bodies. We also practiced fictional ones, like massaging sunrays, moving mountains, opening up the room, softening up concrete and radiating light prism through crystal skin. In these practices several movement qualities have been developed. We created a system where the dancers could activate powers through a system of collecting energy in the room, tasting it and transforming it. The final piece is a journey through fictional superpowers, the power of rhythm and levitation, the power of voice, controlling manipulating breath and the power of dream beaming. Unfortunately, due to health reasons within the team, no matter how we twisted and turned, we could not get to premiere on our original date. We have postponed it and are looking forward to sharing what we have worked for with an audience.

Thank for supporting this work. / BamBam



Choreographer: BamBam Frost
Performance: Ingrid Mugalu, Lydia Östberg Diakité, Adam Seid Tahir, Paul Adamah.
Choreography assistant: Lydia Östberg Diakité
Light and Set design: Chrisander Brun
Composition: Yared Tilahun Cederlund
Costume design: Rufus Backman Ossandon
Costume assistant: Herkules Jansson
Dramaturgical advise: Karina Sarkissova
Rehearsal dancer: Nadja Voorham
Text and melody: dream beam song by Lina Einarsson and Maceo Frost
Production: MDT Sara Bergsmark & Terry Johnson (Johnson & Bergsmark), Nordberg Movement.

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