

PROGRAMME



CØDA
DANCE FESTIVAL
29TH & 30TH APRIL 2026





THEATRE
3PM-4PM

EMBERS

SOPHIE DOUGLAS & BA3 DANCERS
DANCERS: BA3 DANCERS
WED & THURS 3:00PM- THEATRE

From a shared enquiry, this work reflects a final-year cohort on the cusp of transition, blowing on the embers of their own fires. Collaboratively choreographed by BA3 dancers and Sophie Douglas.



TWO MINDS

CHARLOTTE LUMB
DANCERS: DEANE ALI, MILLIE COOK &
CHARLOTTE LUMB
WED & THURS 3:00PM- THEATRE

Two minds is a piece exploring the journey undertaken by someone whilst they are discovering who they are. It looks at the contrast between childhood and adulthood reflecting on the freedom and authenticity of youth and the moments of tension and internal struggle that can be experienced as an adult. As the contrasts begins to merge this suggests a reconciliation between who they were and who they have become. The fusion uncovers the truer sense of identity of someone that honors both innocence and experience of their past and present life.



SHIFTING STATES

DAISY BINKS
DANCERS: DAISY BINKS & CARA HOGARTH
WED & THURS 3:00PM- THEATRE

Shifting States is a piece centred around exploring gravity and resistance and how this influences movement. The work looks at contact between dancers, focusing on: gravity and momentum, organic movement and role flexibility. The work also draws on the shifting properties of Oobleck, to show how music and vibration can shape movement.

SOLIDARITY

FOYER
4:00PM

GUEST ARTIST: ALYSSA LISLE
WED & THURS 4:00PM - FOYER

Solidarity is a solo collaboration with members of the band HMRC (@hmrc_theband). HMRC are a Newcastle-based band whose poetry-driven, post-punk responds to the political landscape of modern Britain. This piece focuses on communities and the view that society should be judged on the welfare of its poorest members, rather than the richest. The work explores themes of connection, responsibility and how artistic practice can function as a site of resistance.



 @alyssalisle
www.alyssalisle.co.uk



SOLACE

THEATRE
4:30PM-5PM

EMILY ARMSTRONG
DANCERS: CHARLOTTE LUMB & DAISY
BINKS
WED & THURS 4:30PM- THEATRE

Solace is a duet exploring anxiety through embodied emotion, translating internal experiences into physical movement. “Solace” refers to emotional comfort, consolation, or relief offered in times of distress. This piece explores breath as a solace for anxiety, revealing invisible struggles and shared emotional experiences.



THE RED STRING THEORY

DEANE ALI
DANCERS: DEANE ALI & SARAH GRACE
HODGSON
WED & THURS 4:30PM- THEATRE

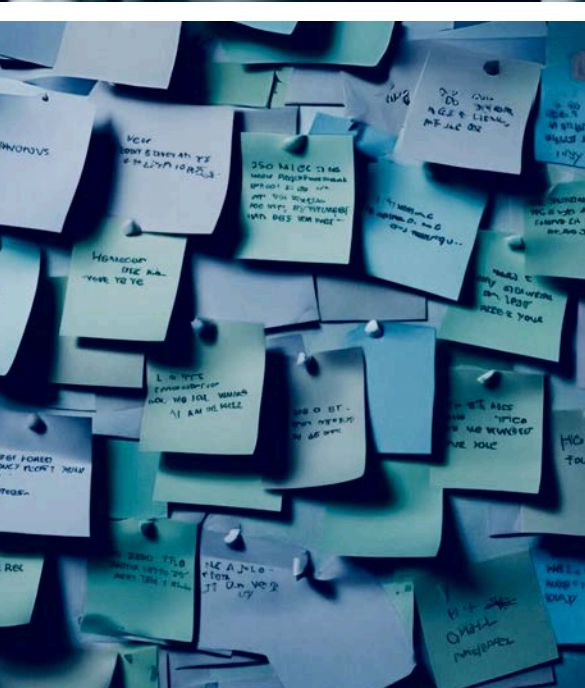
The Red String Theory is an East-Asian belief that two people that are destined to meet are attached by an invisible string that may tangle but never break (symbolic of an unbreakable bond). This piece explores how a sense of identity can bring two people together.



BEHIND HER EYES

ERIN ATKINSON
DANCERS: ERIN ATKINSON, DAISY
BINKS & MILLIE COOK
WED & THURS 4:30PM- THEATRE

Behind her eyes explores the stereotypes, insecurities, and difficulties of growing up as a girl in modern society, and the confusion that can come with it. Through movement, it reflects the pressure to conform, revealing the tension between self-perception and the expectations placed upon women.



**FOYER 5PM & THE
CORNER 5:30PM**

GRAINS OF TIME

ANUSHKA PARMAR

DANCERS: ANUSHKA PARMAR & SOPHIE MITFORD

WED & THURS 5PM- FOYER

Past and future. One lived and one unknown.

Present, a mixture of both.

Time cannot be wielded.

Our movement lives and dies in the moment.

What can we find within these grains of time?

CONFIDENCE THROUGH A CREATIVE DANCE APPROACH: A WORKSHOP SERIES

FRAN COULSON

WED & THURS 5:30PM- SMALL MEETING ROOM

NB: This is a closed event, open to invited audience only.

A pedagogical sharing of improvisation workshops

with Key Stage Three students focusing on

confidence, collaboration and creative movement.

EVALUATION ROOM

THE CORNER

You are welcomed to view our creative processes and notes that we have made along the way to creating our pieces that you see at CODA dance festival. Feel free to leave us some post it notes and feedback in our guest book about your experience at CODA!



THE FOYER 6:15PM &
THEATRE 7PM

BA3 FILM

WED & THURS 6:15PM- THE FOYER
MADE BY DEANE ALI & ANUSHKA PARMAR

This film is a student made compilation of our year group from 2023 - 2026. We hope you enjoy watching our dance journey as a cohort that led us to Coda Festival 2026!



WHO DO YOU SEE?

SARAH GRACE HODGSON
DANCERS: SARAH GRACE HODGSON &
JESSIE DORAN
WED 7PM-THEATRE
THURS 3PM- THEATRE

A piece about 'multiple selves'. The idea that each person has many different parts to themselves that become more present at certain times. Privately. Publicly. Performatively. How do we see ourself? How might other people see you? What do we let other people see?



BETWEEN THE SPOTLIGHT AND SILENCE

MILLIE COOK
DANCERS: MILLIE COOK & HANNAH
STURMAN
THURS 7PM- THEATRE

Between spotlight and silence is a piece that fuses contemporary and musical theatre styles, exploring their shared expressive roots and contrasting performance qualities. Through dynamic choreographic choices, it highlights fluidity versus precision, internal versus external, revealing how each form uniquely communicates storytelling, and physical intention through the use of bowler hats.



THE WINGED WOMAN

THEATRE
7PM

SOPHIE MITFORD
DANCERS: SOPHIE MITFORD & ANUSHKA
PARMAR
WED & THURS 7PM- THEATRE

This piece explores the concept of the divine female power, investigating what it is and when it manifests. Using delicate yet powerful movement, the piece explores the ironic similarities and contrasts between archaic and modern understandings of womanhood - in which the incorporeal, divine power is sought after and projected.



READY, SET, GO

GDT COMMISSIONED ARTIST YUKIKO
MASUI IN COLLABORATION WITH BA3
DANCERS
WED & THURS 7pm -THEATRE

"Ready, Set, Go" is a work expressing strength and readiness for what is next in our paths, delivered through a dynamic, powerful and bold movement style. The piece is an amalgamation of individuality and collective readiness, capturing both personal voice and shared momentum.



Q&A IN THE CAFE

Come along to the cafe to gain an insight into the creative processes of our BA3 cohort. Ask us questions or simply just be there to listen and learn about how we created our individual pieces for CODA dance festival and our experiences during 3rd year.

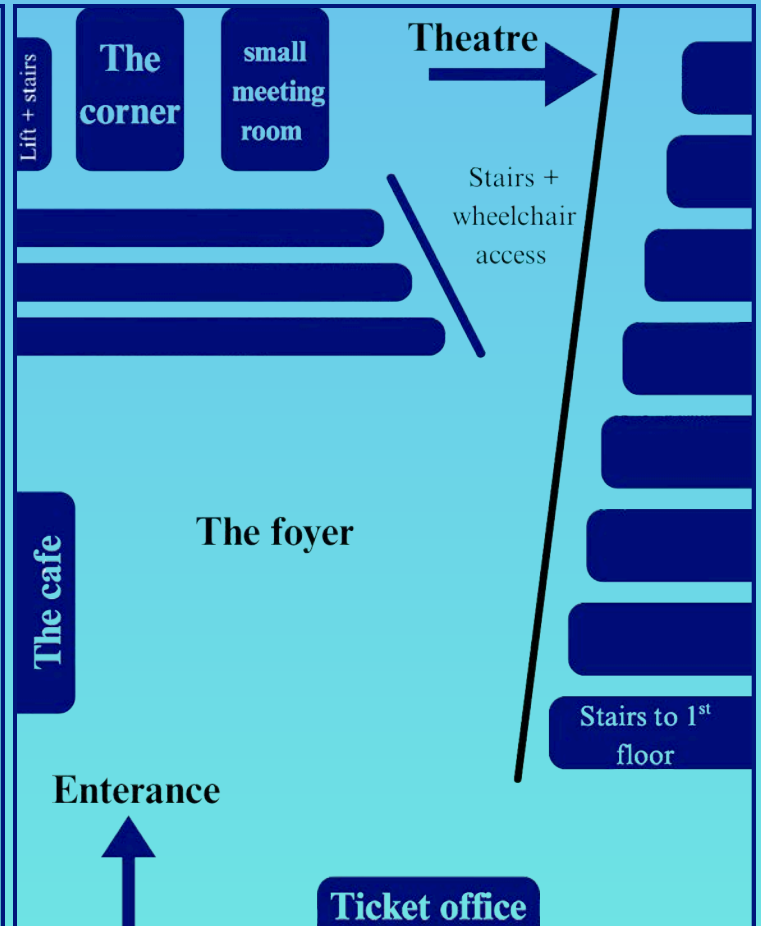
THANK YOU FOR COMING TO

CODA

DANCE FESTIVAL

OUR MISSION

CODA dance festival sets out to share a vibrant celebration of dance in the North East. With diversity and inclusivity in mind, this festival values individuality and unity. We aim to invite open conversation through our personal movement and artistic practices as emerging practitioners, allowing us to leave our first mark and a lingering resonance of who we are.



SCAN ME

We politely ask that you refrain from filming or photographing the festival events!



@codadancefestival

Photo credits:

Josh Tomalin Tom Banks Saya Naruse

