



## Royal Opera House

Ben Wright – This moment is your life

### Time Out Dance Editor Lyndsey Winship says:

"In 2008's Place Prize competition there was a wealth of works that explored what dance can do, but only Ben Wright's *This moment is your life* reminded me of why I loved dance in the first place. This is a piece that evokes how people's first connections with dance are joyful, physical ones: twirling around a living room pretending to be a ballerina, copying Michael Jackson's moonwalk, or jerking their bodies in time to a pounding dancefloor beat. Where does that joy go? Wright's piece, essentially a mass disco dancing class, gives participants a chance to rediscover those instincts. But will they embrace that challenge? The idea of audience participation so often has people curling up in their seats, trying to make themselves invisible. And yet when they have the guts to get up and take part, the adrenaline makes it exhilarating. Wright teaches the audience a series of moves, before allowing them to give themselves up to the music. Freedom, order, dressing up and mirrorballs – pretty much the ingredients to a happy life, definitely the ingredients for a joyous 15 minutes. If you ever needed evidence that dancing is good for the soul, here it is."

Ben Wright has been practicing as an internationally recognised dance artist for the last eighteen years. As well as his extensive performance experience and his own choreography, the full spectrum of his practice spans movement work for Opera, Theatre and pop videos. Ben also works as a theatre director and short film maker. As well as his teaching practice within the professional dance scene, he frequently works as an educator within the University and vocational sectors, with Youth and Community Dance, and leads movement based workshops for professional actors and singers. In 2004 Ben won a prestigious NESTA Fellowship to explore relationships between choreography, directing and film and in 2002 he won a Jerwood Choreographic award and also The Bonnie Bird Choreographic Prize.

*This moment is your life* was commissioned for The Place Prize 2008 sponsored by Bloomberg and is performed by bgroup. ●

09/2008  
Deloitte Ignite

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