

# Motionhouse



## Visual Story

### **Knot:**

A duet dance by Motionhouse.



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**



# Knot: What to expect



**All performances of Knot are similar to relaxed performances.**

You can:

- wear headphones
- talk to each other or make noises
- come and go
- move around



**It may be busy**

**Knot can be performed inside or outdoor.**

It may be busy and noisy at the event. There will be staff around to direct you and to keep everyone safe.



**12 Minute show**

**Knot is 12 minutes long.**

The show has no flashing lights. There is music playing all the way through. There will be times when people will clap. You do not have to join in with the clapping if you do not want to.



This show is a dance performed by 2 men. They are wearing everyday clothes.

# About Knot



## Synopsis

2 dancers move their bodies to show how they feel.

Sometimes they lift each other up.

They take it in turns to balance on each other.

The dance is inspired by a painting by Salvador Dali. The painting is called 'Metamorphosis of Narcissus'.

Knot is about who we are and our relationship with other people.

## Knot : Content and trigger warning



Sometimes the dancers look upset or hurt but don't worry, they are just pretending.