



***2 men in a lift* – marketing pack**

2 men in a lift is a family-friendly dance theatre performance that amuses all ages in a relatable and engaging multi-disciplinary performance.

No Sleep Dance Theatre seamlessly blend contemporary dance, partner acrobatics and aerial circus in this hilarious and energetic performance. Loosely based on 'Lord of the flies', the show explores the chaotic extremes of human nature, how would we act when facing (albeit false) danger whilst trapped with a stranger.

2 men in a lift is a new duet designed for outdoor arts festival stages and grass areas that uses highly characterised performers and an aerial rig to gather and entertain large audiences.



Marketing copy

2 men enter a lift, chaos ensues. No Sleep bring their signature high energy dance, acrobatics and aerial circus in this absurd exploration of what happens when the floor gives out underneath you. A cable snaps and you find yourself trapped in a small steel box on the way to an interview... how would you react when your only chance of escape depends on a stranger?

Marketing material - Photos by Nicolas Young and 2 cats in the yard

Full show footage – filmed at Green Man 2024

Production credits

Choreography and direction: No Sleep Dance Theatre

Performed by: Dylan Davies & Jules Young

Design by: No Sleep Dance Theatre

Photos by: Nicolas Young & 2 cats in the yard



Technical Information

2 men in a lift is a 17-minute stage performance, with a minimum stage space of 6m x 6m. It also requires an aerial rig with the facility for a single hard-rigged centre point, the company will bring all soft rigging equipment. For performances within the UK we can discuss providing the rig for performance.

The aerial rig is freestanding (needs no ballast) and requires a flat surface of 6mx6m, it will be set up by the company the day before any performance, any queries about the suitability of the space for an aerial rig can be forwarded to nosleepdancetheatre@gmail.com

A full technical document and risk assessment is available [here](#)

Running time: 17 minutes approx.

Show: Can be performed twice a day with a 2-hour respite between show times

Age recommendation: All ages

Touring company: 2 x performers, 1 x rehearsal director/audience host

Daily fee: festival dependent to be discussed with No Sleep



About No Sleep

No Sleep Dance Theatre was formed in 2019 by Dylan Davies and Jules Young during their time at Hereford Sixth Form College (HSFC). In the subsequent years, they have combined common interests within dance and theatre to create high-energy narrative dance work. They aim to excite and entice audiences of all kinds, using their extensive knowledge of contemporary dance, theatre, acrobatics and aerial circus to create unique outdoor and immersive works.

More information

[Website link – Social media](#)

Contact

nosleepdancetheatre@gmail.com

