



Participant's Guide

Tricoter



Written by Julie Lebel,
January 2022



Tricoter is...

Tricoter means "knitting" in French – try pronouncing "tree-ko-tay".

Tricoter re-creates the spirit of a knitting circle. The dance winds and unwinds through and around the public who are arranged in the round. Yarn is integrated into the choreography and weaves an architecture that links public and place to the dancer.

While dancing, the yarn gets tangled in a large knot of bright colours and the memories that knitting occupy in our own family history re-emerge. We experience Tricoter through play, curiosity, and exploration of belonging to a community.

Watch the teaser here:

<https://vimeo.com/649720449>

This photo is by Durga Jane Rajah and features Anne Cooper and Sarah Gallos



How to play in Tricoter

- Audience members are invited to sit in the round and are greeted by the host and welcomed by a short poem written by Jennifer Wickham and wonderful music is played by the violinist.
- Babies are invited to sit on their adult.
- Everyone watches the short dance and music performance, which is about 15 minutes long.
- During the performance, the dancer will ask a few audience members to hold some yarn to create a structure in which she will dance for a moment.
- After this brief discussion, everyone is invited to join in a few movement games inspired by *Tricoter*.

Let's discover this wonderful imaginary world, together.

This photo is by the WeeFestival in Toronto

A few playful suggestions



Make a pompom: Making a colourful pompom with yarn around the hand is a fun activity for children as young as 3 years old with the support of an adult. There are lots of tutorials on the internet. [Here is a suggested link.](#) Try tying your pompom to a tree!

Draw with yarn: On a table or on the floor, use yarn to draw. This is a great introduction to the continuous line drawing technique.

Pathways: The "pathways" is a concept of creative dance curriculum and a fundamental element of dance.

- Using the yarn, draw a pathway on the floor with waves, loops and angles.
- Line up at one end. Follow the pathway like a tightrope walker.
- Add challenges! Try balancing and changing levels and directions: backwards, sideways, low and on tippy toes, etc.
- It is delightful when we add music, it's like a dance!

This photo and drawing is by Julie Lebel

Inspiration



Tricoter is inspired by our relationship to yarn, and the people who knit for us or the people we knit for. It connects us. Yarn and knitting is related to our bodies in many different ways. We wear knitted clothes, it warms-up our bodies in the winter time. We find delight in the mix of colours and patterns and can feel yarn and knitted pieces with our sense of touch.

In Québec, we have an expression : "tricoté serré". It refers to a well connected community. The performance invites that feel of togetherness in many ways.

This work was created in close collaboration with Vancouver set designer Diane Park. Diane is the master mind behind the choice of colours and textures so that they pop and feel irresistible to the eye and the sense of touch.

This photo is by Vanessa Fortin



Creative team

Julie Lebel - Artistic direction & choreography

Elliot Vaughan - Music composition

Diane Park - Set design

Jo Leslie - Dramaturgy support

Created in collaboration with dancers:

Anne Cooper and Sarah Gallos

Dancers: Sarah Gallos, Isabelle Kirouac, Katie Wertz, Miriam Colvin, Marie-Pier Gilbert; Liane Thériault; Meredith Kalaman and Liliane Moussa, Phylicia Browne, James Valin, Maria Fernanda Riano, Peggy Leung and Geneviève Lauzon.

Musicians: Robin Lough, Clara Rose, Anna Atkinson, Lana Tomlin, Jennifer Thiessen, Meredith Bates, Tara Rajah.

Poem: Jennifer Wickham, Cas Yikh member of the Gidimt'en Clan of the Wet'suwet'en people and translated in French by Naomi Fontaine, auteure Innue.

The photo on the left is by Diane Park and features Peggy Leung and Carolina Bergonzoni. The photo on the right is by Vanessa Fortin and features Liane Thériault.





Special thanks

- *Tricoter* was premiered at the Skampede Festival in Victoria in 2016. We are very grateful for their support. It has been presented over 75 times all over Canada, including in the NWT! A warm thank you to all the festivals and organizations that have welcomed us in their communities.
- Thank you to the Dance Centre in Vancouver for their in-kind donation of studio time in the early days of creation.
- Thanks to the Roundhouse Community Arts Centre for welcoming Yarn-Around, a community engaged project spun from *Tricoter*.

Tricoter was created on the ancestral and unceded territory of the Musqueam, Squamish and Tsleil-Waututh. We are humbled by this history and grateful for our use of this land.

<https://foolishoperations.org/>

This photo is by Julie Lebel and features Isabelle Kirouac



Thank you to our funders and partners

We acknowledge the support of the Canada Council for the Arts.
Nous remercions le Conseil des arts du Canada de son soutien.

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The Dance Centre

