

About THE HEAT

Inspired by Paula Rego's Dog Woman paintings, THE HEAT by Becky Namgauds is a visceral dance theatre piece that fractures the expectations of the home as a place of comfort.

Set in a surreal domestic dreamscape where the familiar warps, something primal is seeping out — dark psyches uncoil, desires smolder, and absurdity slices through the ordinary. The domestic space becomes unstable — a place where comfort and confinement blur and where tension verges on erupting.

With wild hair, bared teeth and raw physicality, the powerful cast conjures striking imagery that bring the audience on a journey through an unflinching portrait of the wild forces just beneath the surface.

THE HEAT features music specially composed by Domenico Angarano, intricate set and costume design by Linbury Prize-winning production designer Yimei Zhao and lighting design by Zoé Ritchie.

'I do not find it helpful to present her – or indeed any woman – as either on top of or succumbing to her demons, as though her only options were triumph or defeat (a military vocabulary which could not be further from her own).'

Jacqueline Rose – 'Respect: Marilyn Monroe', Women in Dark Times

THE HEAT delves into themes of womanhood, femininity and recognises the numerous forms that womanhood presents. It also recognises that the home can often be an unsafe space for many. If you have been impacted by the show, we encourage to seek support, and if possible, to make a donation to the following charities:

Mermaids UK who support trans, non-binary and gender diverse children, young people and their families www.mermaidsuk.org.uk

Sistah Space who support African and Caribbean heritage women affected by domestic and sexual abuse www.sistahspace.org

Refuge who's services support women and their children to overcome physical, emotional, financial and logistical impacts of abuse and rebuild their lives free from fear www.refuge.org.uk

Acorn is a community membership organisation made up of working class people, tenants, workers, residents campaigning for fairer housing and living conditions for everyone www.acorntheunion.org.uk

Artistic Credits and Team

Choreographer: Becky Namgauds in collaboration with the performers

Performers: Bea C. Bidault, Becky Namgauds, Bonni Bogya, Caroline Reece, Yen-Ching Lin

Performer during creation: Masumi Saito

Music Composer: Domenico Angarano

Lighting Designer: Zoé Ritchie

Set Designer: Yimei Zhao

Costume Designer: Yimei Zhao in collaboration with Becky Namgauds
Text and Dramaturgy Support: Pepa Duarte
Outside Eye and Creative Support: Steph McMann
Production Manager: Daria Lipinska
Creative Producer: Ciara Lynch
Associate Producer: Steph Bergé
Assistant producer: Sahara Huang
R&D dramaturg and artistic support: Miranda Cromwell
Rehearsal Stage Manager: Chloe 'Alex' Alexander
Pastoral Care: Katye Coe
Physio support: Luke Bradshaw at Warrior Sports Rehab

Supporters and Funders

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Additional support from Rose Lipman Building Mill Co. and Centre 151 (London).

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About Becky Namgauds

Rebecca Namgauds is a multidisciplinary artist and choreographer based in London, originally from the North of England. With over a decade of experience spanning choreography, performance, and visual art, she creates visceral, movement-driven works that explore themes of feminism, ecology and transformation. Drawing from her varied background in movement disciplines, her practice engages the body as a site of resistance, intimacy, and ritual, often in direct dialogue with nature and the elements.

Most recently, has worked as an invited choreographer for Anjali Dance Company, collaborated with Paraorchestra and musician Liza Bec and choreographed a visual work for 12 Ensemble Orchestra's tour of Metamorphosis. Alongside her artistic practice, she is a guest lecturer at London Contemporary Dance School and Trinity Laban MA programme. Her independent works have toured internationally, premiering at major festivals and institutions including 'Like Honey' which was featured in the British Council Edinburgh Showcase 2019, and 'Rodadoras' (2018), an outdoor performance featuring women performing in half a tonne of soil. Her solo 'Exhibit F' debuted at Dance Umbrella 2019, and she has since created original works for The Place (LCDS), Emergence and Centre for Advanced Training. Works for galleries include Walsall Art Gallery where she created an original performance for Daniel Silver's solo exhibition and more recently the V&A Friday

Late: Diva. Her latest work, THE HEAT, delves into themes of domesticity, the mundane, survival and endurance, channelling both urgency and raw physicality.

www.beckynamgauds.com

www.instagram.com/beckynamgauds