



Light Steps
By DancingStrong

A journey into colour, music and interactive dance for early years and their families.

Light Steps is a 40 minute music and dance performance aimed at children aged 2-5 years and their families in theatre and pre-school settings. *Light Steps* centres on the exploration of the changing light of day by an endearing rag doll, Alex. Alex's journey is overseen by three friends (two dancers and a musician) whose movement, music and dance mirror the rag doll's feelings and curiosity as the journey of the sun across the sky are experienced. Beginning with first light, the dance and music (a profoundly beautiful live soundtrack by Jake Alexander) trace the sun's light from morning, a cloud passing by at midday, light on the tide coming in the afternoon, and finally a beautiful sunset. Alex's day is an adventure in colour, music and dance which children can enjoy and participate in, free to be themselves.